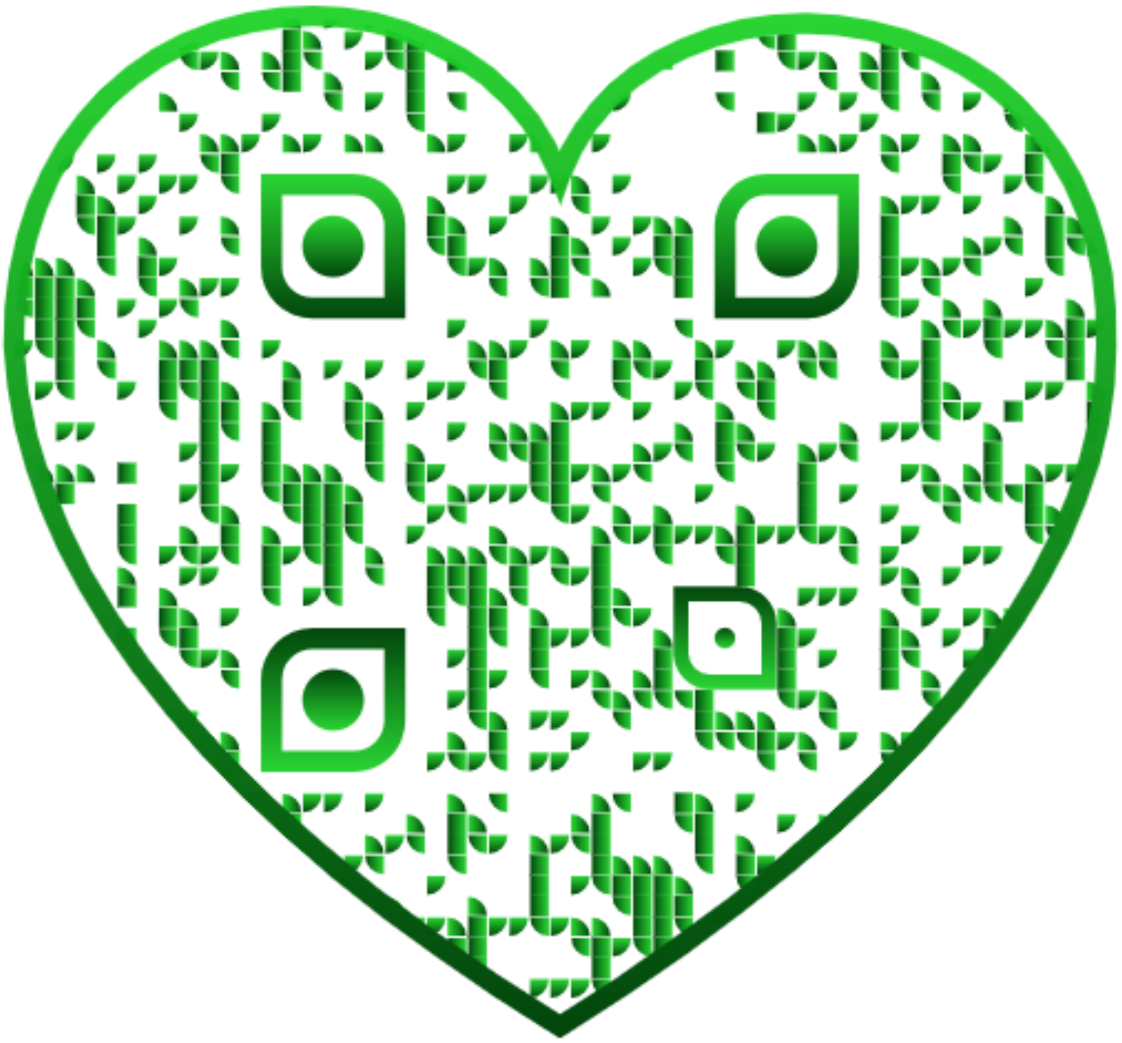
MASTERING ASTRAL PROJECTION

90-DAY GUIDE TO OUT-OF-BODY EXPERIENCE

ROBERT BRUCE & BRIAN MERCER

INCLUDES CD-ROM WITH 25 CUSTOM-DESIGNED TRANCE MEDITATION SOUND PROGRAMS



About the Authors

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Llewellyn Publications
Woodbury, Minnesota

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Preface

Welcome to *Mastering Astral Projection!* This book is devoted to teaching you how to have a fully conscious astral projection (also called *out-of-body experience* or *OBE*). It focuses on practical OBE exit training and advice, rather than on covering everything relating to the history, speculation, and practice of astral travel.

My first book, *Astral Dynamics: A NEW Approach to OBE* (Hampton Roads, 1999) covered not only projection training and OBE exit techniques, but also many related issues, phenomena, and theories associated with astral travel. During the latter stages of writing *Astral Dynamics,* it was clear that I needed to include a practical training program to help readers apply the information I was giving in a step-by-step and goal-oriented way. Given the eventual size of *Astral Dynamics* (560 pages), however, such a weighty addition was impractical. A few chapters had already been cut to save space.

After *Astral Dynamics* was published, I received many requests for an OBE training program. One of my readers, American computer programmer, writer, and OBE aficionado Brian Mercer, sent me the bones of such a program. He had developed it for his personal use, and offered me a copy out of courtesy. After studying Brian's ninety-day program, I uploaded it to my website and made it available to the public online. It quickly became popular and resulted in a lot of constructive feedback. I passed the feedback along to Brian, plus my own ideas for improvements, and he revised and fine-tuned it accordingly.

It soon became obvious that we were building the foundations of a valuable OBE training manual. Brian and I soon became good friends.

Following my instincts, I invited Brian to coauthor a book with me, the book you are now holding.

In the months that followed we discussed the theme and content of this book at great length. We recognized that an old hand like me and a keen novice like Brian teaming up as OBE teachers would create a winning combination of knowledge, experience, and priceless enthusiasm. I am not really a fair test subject for any kind of OBE training program, as I have way too much firsthand experience. Brian, however, was a well-read novice with little actual OBE experience. He was not one of those fortunate few who can easily induce an OBE. At that time Brian had tried for many years, but with only enough success to fire his continuing interest.

Brian road tested each section of the program repeatedly. He put in time and enthusiastic effort, as I watched for problems and worked on solutions. Together we fine-tuned the methodology of the program for optimal results. During this process we gained a profound understanding of the numerous problems that beset novice projectors and came up with many new and innovative solutions. We also began researching and experimenting with helpful technologies, such as light and sound machines and audio devices that help induce altered states of consciousness. We wanted to include *everything* that could possibly help projectors.

The structure of this ninety-day program is simple. Information and instructions are given in bite-sized chunks, while readers follow a progressive series of OBE-related exercises. Only enough instruction and theory are given at any one time to provide context to the work at hand. Basic skills like deep relaxation, clearing the mind, concentration, and energy body stimulation are taught first, and then a variety of OBE exit techniques are introduced one at a time. Advice and tips from Brian and me are given every day of the program as students practice and develop their skills. Common problems are identified and solved along the way. Extensive problem-solving sections are included.

Each week begins with a new case history to familiarize readers with the OBE and to fire their expectations. Introductory information required for that week's activities follows. Each week builds upon the previous week. Summary and review sections are given at the end of each week. By the end of the program, readers will know and will have practiced everything required to wake-induce an OBE exit. After that it is just a matter of patience and practice.

Projecting out of body requires a delicate balance of mind, body, and spirit. Everyone is different and the time it takes to achieve this balance varies greatly from person to person. Some people take to OBE like a duck to water, whereas others have to practice harder to achieve results. This program levels the playing field with structured training and experiential advice. Everyone following it has an even chance of getting out of body.

Throughout the ninety-day program we release new information that has been found to help induce the OBE exit. An example of this is my slight discomfort theory. In a nutshell, a very slight level of discomfort helps the physical body/mind stay more closely connected with itself and with its projected double during an OBE. This makes it easier to download and recall OBE memories. After all, without the memory of an OBE after the fact, it might as well not have happened. Everything that helps students retain their precious OBE memories must be recognized and used.

An unavoidable side effect of this program is that it can cause the development of psychic abilities. This is understandable, as learning to induce an OBE requires training that can be applied to any other metaphysical pursuit. Our program contains extensive energy body stimulation work and, combined with deep relaxation, mind taming, and induced altered states of consciousness, dormant psychic abilities will begin to manifest.

I wish you the very best luck as you begin our ninety-day training program. Astral projection might seem a giant leap for you now, but taken one step at a time it is not nearly as daunting as it appears. I suppose this is

a bit like eating an elephant. If one looks at a whole elephant, the task of eating it all seems preposterous. But once the elephant has been reduced to frozen TV-dinner-sized portions, such a task would seem far more achievable. One might be eating elephant for a very long time, but success will always be in sight at the bottom of one's proverbial freezer.

ROBERT BRUCE

It can be easy when going about mundane, everyday tasks like working, eating lunch, and driving to the store to be lulled into thinking that the world we can see and touch is the only thing there is. On this planet of exponentially evolving science and technology, the notion of having a soul —of life after death—seems almost anachronistic. Healthy skepticism is a good thing; it is essential. Yet occasionally something very personal happens to make us ask questions. Is there more to my existence than I can readily observe? What happens to people when their bodies are used up? Is there a greater purpose for my being here?

We can have complete faith in our belief system, whether that is science or atheism or some form of religion or spirituality, yet in the end they are only beliefs. What do we really know? In the absence of the known, we are left with its poor cousins assumption and conjecture. We can say what we *don't* know, perhaps, but for want of tangible answers we are only left to ponder.

Even when we read about competent, respected people having out-of-body or near-death experiences, it can still seem a little implausible. If we accept these accounts, in the final analysis, it is still just a belief. With something like this, you can't really know until you've experienced it yourself, and that's what this book is all about.

This is the moment to lay beliefs aside and to *do*—to find out for yourself who you truly are and what this reality is all about. This is the time to not just read about it, not just hear people talk about it, but *know* it and *do* it. I am talking about the survival of the soul. Are we more than these fragile, fleshy shells?

The exercises and techniques in this book work. I've always been interested in astral travel, and since high school have tried dozens of methods for fueling an out-of-body experience. At first I experimented with hypnosis recordings, but received little more than pleasant relaxation sessions for my efforts. A powerful dream I had one summer in college led me
to explore lucid dream–induced OBEs, but I was discouraged by this method's hit-and-miss results and how often dream elements imposed themselves on the experience. Since then I have explored dozens of books and recordings promising an out-of-body experience, yet I'd only advanced a few steps toward a true understanding of larger realities.

After all this, I achieved noticeable results the first time I tried the techniques in Robert Bruce's book about out-of-body experiences, *Astral Dynamics*. The aspect I loved most about the program was that, from the beginning, I received daily validation that there is something to astral travel. I learned very quickly that one does not need to have a full-blown out-of-body experience to develop a profound understanding that we are spiritual beings inhabiting physical bodies.

When I finished *Astral Dynamics* I immediately organized a comprehensive, progressive program that I could more easily learn and implement. I e-mailed what I'd done to Robert Bruce and, with suggestions from him and his friends, I created an electronic version of the program, which was an amalgamation of a day planner, journal, and *Astral Dynamics* reference manual. Robert posted the program on his website, which allowed me to receive even more feedback. Before long, Robert and I recognized that a guidebook was evolving, something that might help many other people experience the out-of-body state. This book is the result.

This book is the guide I wish I had had when my interest in out-of-body exploration started all those years ago. The amazing journey that awaits you is something you must experience to understand. I promise, if you follow the blueprint laid out in these pages, you will know a great deal more about

yourself than when you started—but like any great journey, it all begins with that first step.

Brian Mercer

INTRODUCTION

Preliminary Instructions for the Ninety-Day Program

What you hold before you is a hands-on, step-by-step manual for learning how to have an out-of-body experience (OBE). It provides a systematic approach for astral projecting out of your body in a fully awake state.

The exercises in this program are largely based on the New Energy Ways (NEW) system of raising and stimulating personal energy. This method uses body awareness movements for conscious and direct manipulation of one's energy body. The NEW system is easy to understand and learn; anyone can do it.

The CD that accompanies this book is a supplementary aid for this training manual. It contains a PC program called the *BrainWave Generator.* The BrainWave Generator is an advanced artificial aid for inducing deep physical relaxation, stimulating altered states of consciousness, and creating the perfect state for inducing an OBE. Using it is not essential for this program's success, but is an added extra.

The version of the BrainWave Generator included on this CD includes twenty-five custom presets designed especially for this ninety-day program. You will be introduced to at least one new preset per week, including seven presets specially developed for astral projection.

We designed this ninety-day program so that it was:

- specific and easy to understand;
- comprehensive and goal-oriented;

- flexible and easy to apply;
- fear-eliminating through small, gradual steps;
- progressive with measurable results.

In short, our program makes the OBE more accessible to those uninitiated in the process. This book represents our continued efforts to hone an ideal astral projection program, one that will help newcomers understand the key elements of the process while avoiding common pitfalls. The idea is that for ninety days you will commit to spending a set amount of spare time applying this program. We supply the tools and you supply the enthusiasm and stick-to-itiveness.

Achieving a conscious-exit out-of-body experience is not as complicated as it may seem at the outset. It is primarily about focusing your thoughts, harnessing your will, and overcoming your fears. It is also about learning to relax your body to new levels, honing your ability to remain awake and lucid as your physical body falls asleep, and balancing all this to achieve the desired result. Perhaps most importantly, it is about cultivating your ability to remember altered-state experiences. OBE memories are just as elusive as dream memories. Because of this, it does not matter how quickly you learn to have an OBE or how often you have one. If you do not remember it, it is as if you never had it.

Learning to project out of body is also about courage and mastering one's natural fear of the unknown. It is one thing when OBE is just theory, something you read and talk about and would like to try. But it can be altogether different when you start experiencing what can be rather intense OBE exit symptoms and find yourself suddenly slipping out of your body. All at once OBE is not just theory. Early experiences can be quite intimidating if you are not completely prepared and know what to expect. It takes courage to go that final distance, but the rewards of facing and overcoming your fears can scarcely be put into words.

Learning conscious-exit astral projection takes persistence. Like learning a sport or playing a new instrument, it takes time to master the fundamentals before you are good enough to perform well. Some people manage to project during their very first effort. For others it takes more perseverance. Sometimes ultimate success requires dogged, long-term determination.

In this course we will be primarily focusing on the skills necessary for having an out-of-body experience, with less emphasis on theory (unless it is necessary for understanding and applying the daily exercises). There are a number of fine books on the market that attempt to explain the complexities of OBE theory. Because there is so much ground to cover, this program focuses on training students to achieve the actual OBE exit.

We have included a recommended reading list for astral projection in Appendix A. We suggest you read at least one of these books while you are following this ninety-day program, especially one containing case histories. In addition to helping you better understand OBEs, it is important to saturate your brain with the subject matter. This helps program all levels of your mind and body toward achieving an out-of-body experience.

What you read prior to falling asleep affects the theme and content of your dreams. For example, read a horror novel and you may have bad dreams; read about romance and you may have romantic dreams; read about OBEs and you may have OBE flying dreams. All dreams aside, presleep reading can generate out-of-body experiences because you have OBE on your mind, consciously or subconsciously, while you are falling asleep.

Everyone has some type of out-of-body experience whenever they sleep, even if the projected double just slips out and hovers, mimicking the sleeping physical body. If the dream mind is infused with thoughts and tales of OBEs, waking consciousness will sometimes return to the projected double. You may find yourself waking up already outside your physical body or having a false awakening. (A false awakening is where you believe you are awake in the real world but are actually having an OBE.) For these

reasons, it is advisable to read about OBEs during this program, especially before sleeping.

A word about skipping ahead and prematurely trying some of the later exercises in this program: *don't!* If you have read other books on OBE, particularly Robert Bruce's *Astral Dynamics,* you will already have been exposed to some of the exercises and techniques contained herein. But there is definitely an effective order in which this program should be followed. Early attempts at advanced exercises before mastering the basics may create mental blocks that can grossly interfere with the ultimate purpose of this program. Brian discovered this firsthand in the following experience.

> I had for some time been trying to have an OBE, using a mishmash of techniques, when I first stumbled across Robert's book, *Astral Dynamics.* I skipped ahead and read some of the more advanced exercises on my lunch hour and couldn't wait to experiment. As soon as I returned home, I lay down and tried an OBE exit technique without even relaxing properly. I immediately felt my body turn to liquid as huge waves of my energy ran up and down from my head to my feet and past the borders of my physical body. I suddenly found myself instinctively holding on, trying with all my power *not* to project. I had tried the exercises too soon; I simply wasn't ready. In all the collective years that I'd been experimenting with different processes, I'd never experienced anything so powerful so fast. The effect of this failed experiment and its resulting trauma was that I developed a gut-level response to abort the projection process once it started. It took me years to undo that simple, five-minute experiment.

There is a lot to this program. It has been designed to be consumed in small bites so as not to overwhelm students with too much information at one time. For best results, focus all your efforts on each week's material and exercises. This is not to say you cannot peek ahead to see what is coming, but only that you should avoid getting too involved in what's ahead. Please

do not let your enthusiasm go to waste, however. Pick up something in the reading list from appendix A and immerse yourself!

How the Ninety-Day Program Develops

This program is divided into thirteen chapters called *Weeks;* one new chapter of material should be read per week. The first half of each week's chapter contains information necessary for completing that week's exercises. This includes special instructions, background information, diagrams, and relevant tips. Each week's chapter also includes directions for using the BrainWave Generator, the computer program on the CD that accompanies this book.

The BrainWave Generator is a computer program that generates sounds to induce altered states of consciousness. Use of the BrainWave Generator is optional; it is *definitely not* required for this program to be effective. However, it can help enormously. When used with headphones, the BrainWave Generator is capable of helping users relax, meditate, and induce altered states of consciousness ideal for having an OBE. When used with light and sound machines, which add light goggles into the mix, the BrainWave Generator becomes an even more powerful OBE aid. For more details on the BrainWave Generator, see Appendix B.

The second part of each week's chapter consists of a day planner–style calendar that includes the following:

- **Daily tasks:** A list of OBE program–related activities divided into morning, daytime, and evening "to do's."
- **Affirmations:** Short, present-tense, positive statements help program you for OBE success. Daily affirmations are used during waking hours. Nightly affirmations are used as you drift off to sleep.
- **Daily exercises:** Step-by-step instructions on how to complete each day's exercises (mind taming, breathwork, energy work, OBE exit methods).

- **Author comments:** Advice from both expert and novice perspectives.
- **Journaling space:** A place to write down your progress, make observations, and catalogue your OBE-related experiences.

The ninety-day program itself is divided into two distinct parts. Part 1 (Weeks 1–6) focuses on learning core skills associated with the OBE. Primarily it's about learning to relax, how to breathe, and how to keep your mind clear of intruding thoughts. It's also about developing your energy body, which greatly aids the OBE exit process. Key, too, is training your ability to recapture what we call *shadow memories,* those dreamlike OBE memories that you bring back with you from your astral travels.

Part 2 (Weeks 7–13) focuses on OBE exit training. During this part of the program we will introduce you to a number of proven techniques for achieving an OBE. We also introduce ways of overcoming key fears and how to adjust your mindset for best results. More importantly, we give advice for setting up conditions that are most favorable for having an OBE, discuss common roadblocks, and offer solutions. We also provide some advanced projection-inducing techniques for the OBE challenged.

The idea is that you will be spending the next ninety days eating, sleeping, and breathing this training program. You might have noticed that the title of this course refers to a "90-Day Guide," whereas there are ninety-one days (thirteen weeks) listed in this book's daily pages. You should consider this course flexible. Do not feel constrained by its weekly schedule. If you need to take longer for a given day's exercises, you can always take more time. The weekly format and the task schedule are guidelines only. It can be reworked to accommodate your needs. You can extend the 91 days into 100 days or 110 days or 120 days. The important thing is not to feel rushed so you learn everything well. However, the reverse does not apply. You should not take less time than the prescribed ninety days unless you already have the prerequisite basic skills.

What to Expect in Part 1

Part 1 of this book focuses on basic training—teaching the core skills necessary to achieve conscious-exit projection. Each day there will be an exercise or a series of exercises that will take you through one or more of the core skills. The steps for an entire technique are not always given all at once. For example, on Day 1 you will learn the first few steps of a deep physical relaxation routine. On Tuesday you'll learn the next few steps, and so on, until by the end of the week you are well-versed in the entire routine. This lets you get comfortable with each part of an exercise before moving on to the next part. It also allows you to memorize a few small steps each day, rather than trying to digest the whole thing in one sitting.

The first six weeks of the program will cover the following core skills:

Breathing: An ancient way to increase the flow of subtle energy and vitality through the body is by using breathing techniques. The breathing exercises employed herein have been designed to start simply and continue in small, incremental steps. If the core OBE skills were a tree, the breath would be the trunk from which the branches of all other skills grew. Deep physical relaxation, clearing the mind, energy body stimulation, and the trance state are all intimately associated with the proper flow of breath and energy.

Deep physical relaxation: Deep physical relaxation involves more than just sitting back and willing your body to relax. The method given herein involves contracting and relaxing specific muscle groups to progressively relax your whole physical body. Without deep physical relaxation, all the core skills that follow are useless. In order to project you must be deeply relaxed, physically and mentally.

Shadow memory recall: This is key to having a successful OBE. You will need to be able to "download" your OBE memories in order to recall and realize them. The ability to remember your dreams is the first step toward remembering your out-of-body experiences. We give

techniques to help you remember dreams and to capture the shadow memories from your projectable double so they are successfully transferred to recallable levels of your physical brain/mind after an OBE.

Energy body stimulation: Some of the most profound exercises for discovering that you are more than just physical matter are the revolutionary methods for stimulating your energy body that are given herein. Throughout one's life, due to a variety of factors, one accumulates energy blockages. The energy techniques provided here allow you to heal these and increase your flow of personal energy.

Quieting the mind: Where your attention goes, so, too, does your energy. The ability to clear your mind of internal dialogue and maintain a calm perspective is critical to astral projection in order to remain composed and in control during and after an OBE exit. For the average person, stilling the mind can be quite a challenge, but the techniques provided here are introduced in easy, progressive steps. Anyone can learn how to do this with a little regular practice.

Primary energy center stimulation: Primary energy centers (also called *chakras*) can be thought of as gateways between the physical body, the energy body, and the projected double in the OBE state. The main purpose of energy body stimulation exercises is to prepare you for the higher flow of energy that both allows and accompanies the OBE exit. The purpose of stimulating the primary centers is to open the floodgates through which that higher level of energy can flow.

The trance state: Trance states are altered states of consciousness. The basic trance state occurs when your physical body goes to sleep while your mind remains awake and lucid. There are varying degrees of sleep, with corresponding levels of trance. Deep physical relaxation and the ability to hold your mind awake and clear are prerequisites for entering trance states.

Energy body loosening: There are ways to stimulate your energy body that prepares it for projection. Energy body loosening is one of the final steps in preparation for employing OBE exit techniques.

By the end of the first six weeks of this program you will be reasonably comfortable with these fundamental skills. Along the way you will no doubt come to understand a great deal more about your nature as a spirit inhabiting a physical body. Do not think of Part 1 as being just a set of tasks required for having an OBE. Learning these core skills is a journey in itself that opens doors to just about everything metaphysical and spiritual.

PART 1

Preparing for Liftoff

What follows are the results of my first night of energy work.

I've had sporadic instances of involuntary projection throughout my life. I've tried gaining control of it for many years but nothing has ever worked.

I've always thought that energy work for astral projection was a waste of time. It was annoying to be bogged down with silly "New Age" energy rituals, when all I wanted to do was project.

Then I read Robert Bruce's tutorial. Maybe there is something to this! This was the first time I'd ever read anything that spelled out the mechanics behind this type of energy work, why it's needed, and what it does at a core level. Posts on Robert's online forum further reinforced the validity of doing the energy work. Over and over I was running across postings from people who were getting very measurable results.

I went to bed thinking that this would never happen to me and started doing energy work. For a few minutes I felt an ache in my heart center. I kept "circling" there between passes up the legs and down the arms and in a few minutes it stopped. Then I felt a lot of activity and itching in my brow center, then something like electricity going through that area, as if the blood vessels had been shut off, then suddenly opened.

After that I must have woken up thirty times during the course of four hours of sleep. Every time I woke up it was like another memory was being restored, and each time I was still on autopilot, doing the energy exercise. By now I can't remember what I was remembering specifically, but I do remember that every memory that surfaced served to connect me to something else I had long forgotten. One by one I kept remembering connections to things, people, places, experiences. Life became a lot bigger than I ever thought it was.

WEEK 1

Flexing Your Astral Muscles

What to Expect

- Setting up your meditation space
- Learning to relax
- Breathwork
- Body awareness exercises
- Energy body stimulation
- Your dream journal
- Affirmations
- *Optional:* BrainWave Generator instructions

This book emphasizes goal-oriented action rather than just sitting and reading about OBEs. Just enough information is given at the start of each week to guide you through the coming week's activities, building on what has come before.

This week we'll show you how to organize a place for your daily energy work and teach you a deep physical relaxation and breathing technique. We'll also give instructions for this week's energy work, setting up a dream journal, and using affirmations. Finally, for those using the optional BrainWave Generator to supplement your OBE program, we'll offer instructions for the current week's preset.

Now that you have read all the instructions in the introduction, let's waste no time getting started.

Setting up Your Meditation Space

First on the list is to select a suitable place to practice energy work, meditation, and other OBE-related training exercises.

There are several desirable qualities for an ideal meditation space. It should be quiet and allow you to practice undisturbed. Lighting is also important. There will be exercises requiring full lighting and those requiring low lighting or darkness. A room with a curtained window or a variable illumination lamp will suffice.

Headphones or earplugs are ways to eliminate sound, but you also don't want to be unexpectedly disturbed by others. People in busy households may need to innovate to create suitably private spaces. One aspiring projector partitioned a large walk-in closet and turned half into a small private area. Another rigged a makeshift tent in her bedroom. Others have found useful areas in attics, basements, and garages. Think creatively.

Depending on its size, your private space should have a bed, cot, or easy chair or some place where you can lie down comfortably. A hard-backed kitchen or desk chair will also be required for some exercises. Your space should be big enough to accommodate this chair, with the option of placing it against a wall for exercises that require head support. Ideally, your space should be somewhere you feel comfortable and safe.

Try to avoid using the room in which you normally sleep. If you must use your bedroom, it is best not to use your bed for the daily exercises. We are all conditioned to start falling asleep when we get into our own beds. The purpose of the exercises in this program is to learn how to achieve a deep level of relaxation *without* falling asleep. If you must use your bedroom, find a comfortable place on the floor where you can do your exercises using a folding bed, small mattress, or a combination of pillows and blankets. An easy chair, deck chair, or beanbag chair are other good options.

Another handy item is an illuminated clock, preferably analog with a second hand. Many of the coming exercises need to be timed, so a clock

that's easily visible from your practice position will help. A countdown timer, such as those used for baking, can be used to supplement the clock. You can set and forget this, so you won't have to keep looking at the time to see when an exercise is over.

The atmosphere of your meditation space is also important. It should feel comfortable, safe, and friendly. Atmospheres are affected by décor, as well as by how a place smells and feels. Burning incense and essential oils is one of the most efficient ways of changing an atmosphere and giving it a spiritual quality. For the purposes of this program, it will help if you select a particular incense or essential oil that you do not normally use elsewhere. Use this during every training session. This will set the mood and help program your body/mind to respond to your daily exercises more quickly than you otherwise would. In time, tension will begin oozing out of you the moment you smell your special OBE training scent.

Your daily exercises don't all have to be done in the same location. Some techniques will be practiced numerous times during the day wherever you happen to be. These mainly consist of reciting affirmations, doing short concentration and mind-clearing exercises, energy work, and so on. Put daily travel and waiting time to good use for these.

Learning to Relax

One of the first tasks is to learn how to make yourself so comfortable that your mind and body will almost disassociate. We say *almost* because a slight body/mind connection is crucial for straddling that fuzzy edge between sleeping and waking. Deep physical relaxation is the foundation upon which everything else in this program will rest. If you do not thoroughly learn this essential skill, you could waste a lot of time and effort making projection attempts with little chance of success. This program contains an excellent routine that, once learned, will progressively take you to the deeper levels of relaxation that are required to induce trance and an OBE.

Deep physical relaxation is the one OBE preparation skill that is most commonly overlooked or poorly done. Being relaxed enough to fall asleep does not mean that you have a sufficient level of relaxation to induce an OBE. Even though you may feel deeply relaxed, your body can still possess significant levels of physical tension. For example, you can still fall asleep while you are tense or in pain. Physical tension can prevent you from projecting, even if all the other skills required for having an OBE have been mastered.

The purpose of this first week's relaxation practice is to learn the steps of the routine. Staying awake and lucid in a state of deep physical relaxation takes practice. With this in mind, try to avoid doing the relaxation exercises when you are overly tired. Falling asleep during this routine will condition you to fall asleep every time you perform it, in much the same way as you habitually start falling asleep when you go to bed.

Relaxation training begins on Day 1. Each day more steps are added until, by the end of the week, the full routine is revealed. Your goal for the end of this first week is to complete the routine without having to refer to the instructions. It is easy to miss steps at first, so this week be sure to review the instructions after each session to make sure you are not forgetting anything. The deep physical relaxation routine is progressive, and in time will become almost automatic.

If you find that you are physically or mentally tense before relaxation practice, first take a hot shower or bath and/or a short nap. Some light exercise, a stretching routine, or a massage will also help relieve tension.

Another factor involved with deep physical relaxation is temperature. The body reacts to cold by tensing and shivering its muscles to generate heat. Even if you are a little cold, your body may not actually shiver but your muscles may tense. This can increase the difficulty of physically relaxing to the degree required.

If you are doing this program in a cold climate, keep your body temperature at a comfortable level during the exercises. Use light blankets,

comforters, and loose-fitting, warm clothes. If practical, heat your practice area to a comfortable level. The general rule is, if the method you are using to keep warm is distracting (e.g., if the blankets or clothes are too heavy or restrictive), try another approach.

Novices often start by paying good attention to relaxation exercises, but then pay only cursory attention to them later in the program. Avoid this mistake or one day you will find yourself having to backtrack to relearn what has been poorly done. Each time you do it, approach the routine with care and attention. Think of each minute bit of tension in your body as a barrier to success. Each day try to become more relaxed than the day before. In time this will become habitual.

Breathwork: Breath Awareness

Breathing is key to conscious-exit projection. It promotes deep relaxation, provides clearer inner focus, and increases the amount of energy available for projection.

The breathing methods in this program are safe and straightforward. You begin this week very simply with daily, five-minute practice sessions. Each week hereafter you will build on and refine the basic technique. By the time you reach Part 2 of the program, you will have all the breathing skills required for OBE exit practice.

This week you will be learning breath awareness. All this involves is quieting your thoughts by focusing on the internal sensations of the breath cycle. Sit quietly, close your eyes, and focus your attention on the leading edge of the airflow as it passes into and out of your body. It is easier to focus on the leading edge of the breath than it is to hold the entire mental picture of the breathing process itself.

If you find the above leading-edge breathwork method difficult, you will find it easier to focus instead on the rise and fall of your chest and abdomen. Just close your eyes and focus your awareness on the feeling of

your body filling and rising, then emptying and contracting. Focusing on this action helps keep your mind clear.

Do not change your breathing rate or depth during this exercise. Do not try to count out breaths to a prescribed rhythm. Simply observe your breathing and use this as a focus of attention to help clear your mind. If your thoughts wander, simply release them and bring your attention back to your breathing. No matter how many times foreign thoughts creep in, push them aside and refocus on your breathing. This takes a little practice, but you will quickly get the hang of it if you persevere.

During Week 1, the breath awareness technique is used at the beginning of your daily practice routine, right after deep physical relaxation. This promotes further relaxation and helps quiet the mind for the exercises that follow. However, breath awareness can be done anytime and anywhere. Do it for five minutes; no more time is required. Waiting and travel time are excellent opportunities for practice.

Stimulating the Energy Body

This week you will also start learning how to stimulate your energy body. Your energy body is a subtle energy counterpart of your physical body. It has many parts, aspects, and functions, including several large primary energy centers and hundreds of smaller ones. Primary energy centers are often called *chakras* or *psychic centers.* In essence, these can be thought of as nonphysical organs that are involved with the underlying spiritual, biological, emotional, and mental processes that are associated with the complexities of living.

The ability to stimulate, raise, and manipulate your personal energy is invaluable during OBE training. The substance of your projected double is generated by the energy body and is wholly composed of your living energy. So when it comes to having an OBE, the development and manipulation of your personal energy resources is a fundamental skill. Lucidity during an OBE is also dependent upon the flow of personal energy.

The exercises in this program rely primarily on the use of body awareness. This is the ability to focus and localize your attention on specific parts of your body. By giving this point of focus movement, it is possible to stimulate your energy body at that location. Combined with other techniques, this enables you to deliberately manipulate the substance of your energy body. This in turn allows you to raise, move, and store vital energy and to activate energy centers in a controlled way.

No prerequisite abilities or skills are required to learn and use body awareness techniques. They are easy to understand and use. Most people will get noticeable results the very first time they use them.

Body awareness exercises begin on Day 1 of the program. To improve your body awareness sensitivity, repeat the exercises as often as you can until you get the feel for the technique. Each time you do this you will improve your sensitivity to energy movement, which is important for all the exercises and techniques that follow. Make good use of travel time and waiting time for extra practice.

On Days 2 through 7 you will explore other ways to stimulate your energy body. When body awareness is focused on a primary or secondary energy center and given motion, that energy center is stimulated, causing noticeable sensations. Individual energy centers can thus be targeted and manipulated in a controlled way. (We will explore primary energy centers more during Week 4).

Preparing for Energy Work

Little preparation is needed for energy work, but there are a few general guidelines.

First, it helps not to be overtired during practice, at least while learning the techniques. Varying your level of alertness or tiredness during practice sessions will be a factor later when you are actually learning how to project.

It also helps not to be mentally distracted. If you have pressing issues, a task to complete, a phone call to make, time constraints, and so on, try to take care of these before your energy work session. This will help you concentrate. Conversely, energy work practice can be a good way to take your mind off worries.

Additionally, it helps to be physically and mentally relaxed. If you practice energy work right after getting home from a busy day, consider taking a walk, a shower, or some other grounding activity to help you unwind before you begin your daily energy work routine.

If you are using the optional BrainWave Generator, listening to Week 1's relaxation preset for fifteen to twenty minutes with closed eyes and a clear mind can be an excellent mental cleansing exercise. Breath awareness will also help with this process.

Avoid eating a heavy meal before energy work practice. Digestion takes a lot of energy and after a big meal the energy body virtually shuts down for a while. For this reason, energy work and other OBE-related exercises are more difficult if undertaken within an hour or so of a heavy meal. If you must eat immediately before practice, a light meal is recommended.

Your Dream Journal

An essential ingredient of successful astral projection is improving your ability to remember it afterward. Unless OBE recall is sharpened to the point where you remember the experience, it will seem like it never happened even if it did. This is the biggest and most prevalent cause of apparent OBE failure. OBE experiences can be breathtakingly vivid, but memories of them, like dream memories, have the annoying habit of disappearing unless precautions are taken. We call these types of memories *shadow memories,* as they lie just beneath the surface of conscious recall like vaporous shadows in the mind.

Memory storage and recall functions are complex matters, including both short- and long-term memory processes. Shadow memory is related more to

the former. How many times have you walked into a room to do something, only to stop and wonder what it was you were planning to do? Then something triggers an association with the memory and you suddenly remember. This is similar to what happens when you first wake up clearly remembering a dream or OBE, only to have it vanish a few moments later.

Recalling shadow memories is all about triggering memory associations to make them resurface. Dream journaling is one method that helps trigger fragments of shadow memories to reappear in conscious memory. Once a fragment appears, further efforts are then applied to trigger more memories associated with it. In this way, more complete dream and OBE memories can be recalled.

With practice, the mind learns to access shadow memories more efficiently, making dream and OBE memories easier to recall. Some will be recalled immediately upon waking and others will surface when associations trigger them. Anything can trigger shadow memories: radio or TV, a snatch of conversation, thoughts and fantasies, a passing car, and so on.

OBEs that take place during sleep are often masked by or blended with dream imagery. The more dream memories that are recalled, the more chances there are to identify OBE-related memories plus OBE symptoms such as flying, vibrations, rapid heartbeat, falling sensations, paralysis, astral sight, and so on. More discussion on shadow memory will be in Week 2.

An excellent way to improve OBE memory is to keep a dream journal. A dream journal can be as simple or as elaborate as you want. In this program, the emphasis is on capturing key words and phrases and using these to trigger shadow memory fragments.

Always keep a notepad and pen handy, especially by your bed. It is also a good idea to have a bedside lamp or flashlight for recording key words and phrases when you awaken during the night. A small voice-activated tape recorder can also be used, though recordings are less accessible than notes.

Before going to sleep, draw a line across a page in your notepad to signal the beginning of a new entry and add the date. This is a symbolic action that will help trigger your subconscious mind, like an affirmation, to provide you with dream memories. When you wake from a dream or should anything unusual happen during sleep, jot down a few key words describing what happened. Write clearly or you may not be able to read it later. If you have flying or falling dreams as you are going to sleep, write something like "Flying, falling, woke with a jerk" on the notepad. If you have a dream about vacationing in Italy, write something like "Rome, fountains, pizza," giving only a brief description to help trigger shadow memories when you wake the next morning.

Recording key words provides strong memory association sequences that can trigger the shadow memories they represent. Avoid writing long descriptions during the night unless something spectacular happens that you want to remember in detail. In the morning, as soon as possible after awakening, review your list of key words and try to recall more details, fleshing out each section as necessary.

Once or twice a week transfer these notes to a separate dream journal or into the daily journaling space in this book. They will build a record of your progress.

If you were unable to write key words during the night, spend some time recalling dream imagery the moment you wake. Start by shifting into the same position in which you were last sleeping. Behind your closed eyelids, look up and focus your eyes in the middle of your forehead, which is where your brow center or third eye is located. This helps promote dream recall. Next, try to pull back the last memories you have of your dreams.

If nothing surfaces, think about people with whom you frequently interact or about whom you often think or dream. Review places you habitually visit, such as work or school or locales that are frequently part of your dreams. Think of other houses you've lived in, schools you've attended, homes you've visited often or lived in during your childhood and teens.

Review what you were thinking about the night before, what you were doing, conversations you had, what you watched on TV. Frequently, things on your mind before you go to sleep bleed into your dreams and remembering these can help trigger more interesting memories. Try to recall flying or falling sensations too. Any of the above can trigger shadow memory fragments.

Some people say they never dream, but what they really mean is that they don't remember their dreams. Everyone dreams and these memories are there somewhere. If you do not usually remember your dreams, put more time and effort into the remembering techniques above. This will help train your mind to recall shadow memories. Do not give up if you keep drawing blanks. In the beginning you may only recover some tiny fragments and these may not seem worth the effort. But even the smallest fragment provides something from which you can build.

To review:

- Keep a notepad, pen, and light source near your bed.
- When you wake, take time to recall your dreams and then write key words and phrases in your notebook.
- Spend a few minutes each morning reviewing your key words and trying to recall more information about your dreams.
- At least once a week transfer your key words into your dream or OBE journal.

For an example of how to keep a more detailed dream journal, refer to Appendix C. Your dream journal need not be this elaborate, but this should give you ideas.

Daily Affirmations

Each week you'll be given two short affirmations to memorize: a daytime affirmation and a nighttime affirmation. The purpose of these affirmations

is varied. Generally, daytime affirmations are geared to program your beliefs to accept and allow you to have OBEs. Later, these can be associated with overcoming astral projection–related fears and difficulties. In essence, they are to help you focus and to reassure you, to program all levels of your mind and body toward what you are trying to accomplish.

Nighttime affirmations are commonly used to program your dreams or to prompt you to remember dreams and OBE experiences. Sometimes they will contain cues to help you recognize inconsistencies in dreams so you will realize you are dreaming and can take control, or have what is called a *lucid dream.* Other times they will be directions for your body to project as you are slipping into the sleep state, or triggers to alert you when an OBE begins spontaneously.

By design, we have made these affirmations simple and short so they will be easy to remember. They are meant as guides only. Feel free to add, revise, or to create your own.

If you do write your own affirmations, there are some factors to keep in mind in order to program your subconscious effectively. Always keep them in the first person: "I am . . . ," "I believe . . . ," "I have the ability . . . ," and so on. Make them positive: "I remain calm and relaxed . . ." instead of "I am not afraid." The subconscious has trouble comprehending negative words and phrases like *don't, won't, can't, non-,* and *not,* as in "I am not afraid." So if you use an affirmation like "I am not afraid," the subconscious will pick up on the word *afraid* and this could program you to become more afraid.

It is important to write affirmations in an active present tense. For example, "I now leave my body . . ." or "I am leaving my body . . ." will work. "I am about to project . . ." or "I will project tonight . . . ," which relate to the future, will be less effective. The subconscious mind exists entirely in the present moment, so it must be programmed with active present-tense phrases. It does not understand the future or the past, only the now.

You can perform a simple procedure each week to prepare for the daily affirmations. On the first morning of each new week, read the daily and nightly affirmations aloud several times to help you remember and get the feel of them. Start with the daily affirmation. Read it several times and then cover the text and recite it without looking. Write the affirmation on paper a dozen times or so until it is committed to memory.

During the day, whenever you think about it, recite the affirmation to yourself (or out loud if you can) over and over again like a mantra. Consider writing down the affirmation several times a day to really saturate your brain with it.

Do the same thing with the nighttime affirmation before going to bed. Once you're in bed, spend a few minutes relaxing and settling yourself. When you are ready, clear your mind and mentally repeat the nighttime affirmation slowly and carefully as you drift off to sleep. Some people lose track of affirmations or fall asleep before they have repeated them sufficiently. For best results, nighttime affirmations should be repeated about thirty times. Use your fingers to keep track of the number of times you recite a particular affirmation; this will prevent you from having to mentally count. Alternatively, move a knotted string through your fingers to do the count.

The more you use affirmations, the more you will understand and value their power to program your goals. You will find they have many uses and possibilities. Just remember to always keep them simple, active, first person, present tense, and avoid negatives like *not, don't, cannot,* and so on.

It can help if you listen to the nighttime affirmations while going to sleep. Consider recording each week's nighttime affirmation thirty times on a tape so you can fall asleep while listening to it.

For the technologically oriented, the affirmations are included in audio form (WAV and MP3 files) on the CD included with this book. Use the MP3 with your PC or portable media player, set it to repeat, and then just listen. For those with the know-how, the affirmations have been included in

WAV format should you want to add your own quiet music or ambient sound effects.

About the BrainWave Generator

The CD that accompanies this book contains a shareware program called the *BrainWave Generator,* which can be used to supplement the exercises in this book. Unlike recorded sound, the BrainWave Generator produces sound programmatically through the sound card on your personal computer to create a consciousness-altering sound presentation. The controls for each sound program are pre-set to play for a certain amount of time at given frequencies; often there are different voices and layers of sound, and sometimes they are modulated to create a rich, overall experience. Each program's pre-set sound controls are referred to as a *preset.*

Listening to a BrainWave Generator preset through headphones can enhance relaxation, increase the depth and speed with which trance meditation is achieved, and even bring on an OBE (especially when used with the techniques given in this book). Presets can also be used with light and sound machines. Light and sound machines include light goggles that, when worn over the eyes (with eyes closed), flash at given speeds and intensities to increase the effectiveness of the sound program.

The BrainWave Generator, like CDs containing prerecorded sound, music, and/or guided vocal instructions aimed at inducing an alternate state of consciousness, should be considered a supplemental tool only. *Use of these aids is definitely not required for the ninety-day program to be effective.*

If you are using the BrainWave Generator in conjunction with this program, you will need access to a personal computer from your meditation practice space. A laptop PC is ideal, as this will free you from having to practice your exercises in front of your desktop computer. There is always the option of temporarily moving your desktop computer near your practice space for the duration of the ninety-day program.

Note: You should never listen to any BrainWave Generator preset while driving or operating heavy equipment as the programs are designed to make you drowsy. For full instructions on how to install and operate the BrainWave Generator, refer to Appendix B.

Optional: BrainWave Generator Preset "Week 01: Relaxation"

The steps in the deep physical relaxation exercise can take several days to learn. We do not recommend using the BrainWave Generator for the first five days while you are still getting the hang of the steps.

On Day 6 you can begin using the first BrainWave Generator preset, "MAP Week 01: Relaxation." Put on the headphones, select the preset, and press the play button at the very beginning of the exercise. Start with the relaxation routine, then go straight into the breathwork and energy body stimulation techniques.

If you are eager to use the BrainWave Generator from Day 1, you can sit and listen to the relaxation preset with your eyes closed for fifteen to twenty minutes before you practice the day's relaxation, breathing, and energy work. Sitting with no head support is recommended instead of lying down. This promotes slight discomfort, which will reduce the chances of you falling asleep during the preset. We recommend setting a timer for a warm-up BrainWave Generator session so you don't have to keep looking at the clock to keep track of the session length.

Keep your mind clear during the BrainWave Generator session. The breath awareness technique will help with this. If you start falling asleep, suspend use of the BrainWave Generator for your current session and go straight into your exercises. You do not want to condition yourself to fall asleep when using the relaxation preset; rather, you want to become deeply relaxed while remaining alert and lucid.

The full relaxation preset lasts a total of ninety minutes. This is programmed to take ten minutes to get you from a fully awake to a fully relaxed state, and it will take at least that long for the preset to be effective. A fifteen- to twenty-minute session will thus provide you with a good "warm-up" for deep relaxation.

There is another advantage to using the relaxation preset fifteen to twenty minutes before beginning your daily energy work: the preset has a mild stimulating effect on the energy body. You might notice a faint localized or whole-body tingling. This is further enhanced when combined with the relaxation and energy work routines.

On Day 6, once you've learned the entire relaxation procedure, you can still spend fifteen to twenty minutes with the BrainWave Generator preset while relaxing, and then go straight into the breathwork and energy work while still listening to the preset.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 1
DAILY PAGES

Breath awareness: Breathwork is an essential tool for directing energy. On your first week of developing breathing skills you will be focusing on becoming aware of your breath cycle. As the weeks progress, more layers of technique will be added to refine this core process.

Relaxation: Each day this week you will concentrate on relaxing a different area of your body. Focus your efforts on relaxing the assigned area thoroughly. If possible, memorize the day's relaxation steps to avoid having to reference the book.

Energy body stimulation: You begin this week by directing your awareness to specific parts of your body. As you learn to move your attention from one body part to another, you'll feel your energy body being stimulated. These early energy body stimulation exercises are the first step to strengthening your secondary energy centers and energy pathways. The more you develop these centers and pathways, the more sensitive you will become to energy movement in your body.

DAY 1

Relaxation, Breathwork, and Mobile Body Awareness

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Prepare meditation practice space (pp. 9–10)
	Optional: Week 1 BrainWave Generator (20 min.)
	Relaxation: Legs (3 min.)
	Breathwork: Breath awareness (5 min.)
	Mobile body awareness (7 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 15 minutes

Preparation: Set up your meditation space as directed earlier on pages 9–10. Have a ruler, stick, or capped pen handy. These exercises are best done sitting upright.

Times: Note that the times given for each exercise are suggestions only. These can be varied to suit your needs and available time.

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset with your eyes closed sitting quietly. Use a hard-backed chair without neck support to prevent you from falling asleep. Set a timer for twenty minutes. Turn off the preset when you begin your relaxation exercise in order to refer to the instructions.

Relaxation: Lower Legs (3 Minutes)

1. *Feet and calves:* From your hard-backed chair, stretch back all toes and tense both feet and calves at the same time. Hold for about five seconds, then relax them. Hold the relaxed position for five to ten seconds. Now curl your toes downward and repeat, tensing both feet and calves. Hold for five seconds, and relax them for five to ten seconds. The timing need not be exact. When you relax body parts after tensing, focus on releasing all tension from them.

2. *Thighs:* Tense both thighs, hold for five seconds, and then relax them. Press down with both heels and tense them again, then relax.

3. Repeat steps 1 and 2, memorizing both steps. When you're done, focus your attention on relaxing every muscle in your lower legs. Tense and relax them. When they feel completely relaxed, move on to the next exercise.

Breathwork: Breath Awareness (5 Minutes)

Stretch your arms and legs and arch your back and neck the way you might when waking from a nap. Sit upright, preferably still in a hard-backed chair. Close your eyes and spend five minutes practicing breath awareness as described earlier on page 12. Keep your mind clear. Do not change your breathing; merely observe it. *Keep it simple.*

Mobile Body Awareness (7 Minutes)

Body awareness actions are key to energy work. Scratching your skin causes a light tingling that helps target specific areas as your point of body awareness.

1. Lightly scratch or rub your right knee with your ruler, fingernail, or capped pen just long enough to cause a tingling sensation there. Then close your eyes and forget about the rest of your body. Focus and become intensely aware of the area you just scratched. Now become acutely aware of your entire right knee joint as a whole. Center all your attention on feeling your right knee with your body awareness. Hold this focus for about fifteen to thirty seconds.

2. Shift your attention to your left knee. Feel its shape and outline with your mind, with your body awareness. If it helps, also scratch this knee first to get the tingling sensation, close your eyes, and continue focusing on this knee for another fifteen to thirty seconds.

3. Now shift your attention to your right big toe. Scratch on top of the large joint or wiggle it until you get the feel of it, and then focus your body awareness on it. Hold it for fifteen to thirty seconds.

4. Move your point of body awareness to several other parts of your body—anywhere you like. Scratch or rub these parts as necessary until you can target them easily, until you can *feel* them easily with your body awareness with your eyes closed.

5. Now trace a pathway from the base of your left thumb along the sensitive inside of your arm and on up to your left shoulder. Close your eyes and concentrate on the sensation of the tracing. Imagine someone is tracing the path again for you. Retrace the path again and again with your body awareness to get the feel of it.

6. Now trace and follow a path from your left big toe, up the outside of your shin, over your kneecap, and on up the outside of your thigh to your hip, then back down to the big toe again. Do it first with the fingernails or ruler and then try tracing out the path mentally with your body awareness alone. Move your point of body awareness up and down your leg several times. Repeat this exercise for your right leg.

7. Practice the above exercises until you become familiar with mentally shifting your point of body awareness to different parts of your body.

Daily Tips

Robert: Practice the body awareness technique until you can trace a pathway to anywhere on your body with your point of body awareness alone, feeling your way along the surface of your skin without having to follow a manually highlighted pathway. But rub and scratch and highlight pathways as often and for as long as you need to in order to learn this technique.

Brian: The first time I tried body awareness exercises I found it easier to use a washcloth dampened with warm water. Do whatever works best for you. The idea of an aid of this sort is to help you focus your attention on a specific part of your body with your eyes closed. If you can get by with using nothing but your body awareness, that is ideal.

Your Program Notes/Observations

DAY 2

Relaxation, Breathwork, and Introduction to Energy Body Stimulation

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 1 BrainWave Generator (20 min.)
	Relaxation: Lower body (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.
	Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Estimated energy work time: 15 minutes

Listen to the preset in a hard-backed chair with your eyes closed, sitting quietly. Turn off the preset when you begin your relaxation exercise.

Relaxation: Lower Body (5 Minutes)

1. *Lower legs:* Follow yesterday's steps for relaxing your feet, calves, and thighs.

2. *Hips and buttocks:* Now push your buttocks backward into the chair and tense them. Hold this for five seconds and then relax them for another five or ten seconds. Rock your hips forward slowly, tense for five seconds, and then relax them.

3. *Entire lower body:* Tense all muscles in your lower body at once—hips, legs, calves, and feet—all at the same time. Hold for five seconds and then relax them, really letting them go.

4. Repeat steps 1–3. The goals here are to relax your entire lower body thoroughly and remember the steps.

Breathwork: Breath Awareness (5 Minutes)

Follow the instructions for breath awareness given earlier. Focus your attention on your breathing for about five minutes.

Introduction to Energy Body Stimulation: Stirring, Brushing, and Sponging Actions (5 Minutes)

1. From your hard-backed chair, rest your hands in your lap or on the arms of your chair, palms down and fingers slightly spread.

2. The first area to focus on is on top of the large joint where your thumb joins your right hand. Flex your thumb while holding this joint between your other fingers to help locate the joint. With your left finger, lightly scratch or rub a circular area clockwise on top of your thumb joint about one inch (two centimeters) or so across to help target it with your body awareness.

3. With your eyes closed, trace a finger around this same circular path while following the touch of that finger with your point of awareness. Continue following this action until you can remember the exact feel of this circular movement and can recreate this action with your point of body awareness alone.

4. *Stirring action:* Stop rubbing with your finger and close your eyes. Feel the tingling target area on top of your thumb joint with your point of body

awareness. Recreate and *feel* the circular stirring action. Remember the touch and feel of the circular action. Move your point of body awareness in a small clockwise circle in that area as if you were stirring it with an imaginary finger. Concentrate and feel this action, continuing the motion with your point of body awareness alone. Continue this for thirty seconds to a minute. You may feel a throbbing or pulsing at the site of the stirring action.

5. *Brushing action:* Imagine someone is brushing a small paintbrush back and forth along the skin on the top of your thumb. Feel it moving from the tip of your thumb to the joint and back to the tip again, over and over. If necessary, scratch or rub this area before taking over the remembered feel of this action with your body awareness. It should take about a half second each way for this imaginary brush stroke. Close your eyes and reproduce this action for about a minute. You may feel tingling energy sensations or a peculiar throbbing or heaviness in your thumb.

6. *Sponging action:* (Similar to the above, scratch or rub as necessary.) Imagine your right thumb is a hollow pipe and that you are cleaning the inside of it with a sponge. Imagine the sponge going through your whole thumb from tip to joint and then back again, over and over. Close your eyes and feel this action with your body awareness. Like the imaginary brushstroke, the sponging sensation should last roughly a half second in each direction. You may feel some peculiar energy movement sensations in your thumb.

Congratulations! You've just successfully stimulated part of your energy body. Practice for as long as you like; you can't overdo this. These body awareness actions are key to all the energy work that is to follow.

Daily Tips

Robert: After a while—anything from a few seconds to a few minutes during a first attempt—you may start feeling some peculiar sensations inside your thumb joint: a localized heaviness, pressure, tingling, buzzing,

or even a bone-deep tickling sensation. This may extend into more of your thumb and hand. This sensation indicates that the energy center in your thumb joint has been successfully stimulated to a higher level of activity. Most people are more energy sensitive on one side of their bodies than the other, so you may find one hand produces more energy sensations than the other.

Brian: If you have trouble with the stirring or brushing actions after several minutes, try this: Open your eyes and point your left index finger to your right thumb joint. Your index finger should be about an inch or so above but not touching your thumb joint. Use your index finger to stir or brush the area above the joint. This does wonders for jump-starting energy movement sensations. Once you get the feel for this, try again using body awareness actions alone.

Your Program Notes/Observations

DAY 3

Relaxation, Breathwork, and Energy Body Stimulation (Thumb/Big Toe)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 1 BrainWave Generator (20 min.)
	Relaxation: Legs, stomach, chest, back (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 15 minutes

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Turn off the preset when you begin your relaxation exercises.

Relaxation: Lower Body, Stomach, Chest, Back (5 Minutes)

1. *Lower body:* Follow the steps you learned for relaxing your lower body. Relax your feet, calves, thighs, hips, and buttocks before tensing all muscles in your lower body at once. Hold for five seconds each and then relax them before continuing with the steps given below. (Consult the directions for Days 1 and 2 if you forget the steps.)

2. *Stomach and lower back:* Push out your stomach and tense up all your stomach and lower back muscles. Hold it for five seconds and then relax. Suck in your stomach and tense your lower back muscles. Hold it for five seconds and then relax.

3. *Chest and upper back:* Arch your shoulders forward while exhaling and caving in your chest. Tense all your upper back and shoulder muscles for five seconds and then relax. Push your shoulders back and take a deep breath while pushing out your chest. Tense all your upper back and chest muscles. Hold it for five seconds and then relax.

4. Take at least a minute to settle, getting as comfortable and relaxed as possible. Feel yourself getting heavier as all the tension flows from your body.

Breathwork: Breath Awareness (5 Minutes)

Focus on breath awareness for about five minutes. Feel the leading edge of your breath enter and then leave your body, or focus on feeling your chest and abdomen rise and fall. Do not change your breath cycle depth or frequency. Use this to help clear your mind. Push away thoughts as they arise and refocus on your breath cycle.

Energy Body Stimulation: Thumb and Big Toe Stimulation (Approximately 5 Minutes)

Scratch and rub your thumbs and toes as necessary for targeting, and continue each exercise for thirty seconds to a minute.

1. From your hard-backed chair, rest your hands comfortably in your lap or on the arms of your chair, palms down and fingers slightly spread.

2. Close your eyes and shift your body awareness to your right thumb. Using the brushing action, brush up and down along the top, and then repeat along the bottom side.

3. Now use the sponging action back and forth through the thumb.

4. Repeat the above actions on the thumb of your left hand.

5. Now split the body awareness action, simultaneously brushing both thumbs.

6. Brush each big toe one at a time, top and bottom, starting on top of the large joint where it joins the foot.

7. Sponge each big toe one at a time.

8. Split your body awareness, brushing and then sponging both big toes at the same time.

Daily Tips

Robert: Body awareness techniques are not as difficult as they seem. They feel quite natural when you do them and the techniques involved just take a little practice. The small energy body stimulation exercises you have done so far are very progressive. They are primarily used to learn body awareness techniques and to clear energy blockages from small energy centers in joints. Soon you will be using much larger body awareness actions (whole arm and leg actions) to raise energy into and through your body.

Brian: If splitting awareness is difficult at first, place your hands together so that your thumbs are side by side. This works for the feet, too, when having trouble splitting awareness on the big toes. After you practice this exercise, you'll notice your awareness splitting automatically. For example, you might start by stimulating the energy in your right thumb and focusing your awareness there, but you'll also notice your left thumb being activated automatically. When you get better at splitting awareness, you can do it as a

matter of routine. It’s faster, and after a while it’s just as easy as practicing body stimulation on one hand at a time.

Your Program Notes/Observations

DAY 4

Relaxation, Breathwork, and Energy Body Stimulation (Toes)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 1 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation: Toe work (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 20 minutes

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Turn off the preset when you begin your relaxation exercises.

Relaxation: Lower Body, Torso, Arms, Shoulders, Face (5 Minutes)

1. *Lower and upper body:* Follow the steps you have learned for relaxing your lower body. Relax your feet, calves, thighs, hips, buttocks, stomach, lower back, chest, and upper back. Hold for five seconds each and then relax. Consult earlier instructions if you forget the steps.

2. *Arms and shoulders:* Tense your shoulders, arms, and hands, making tight fists. Tense and hold for five seconds, then relax for five to ten seconds. Curl your forearms, wrists, and fists inward toward your shoulders. Tense and hold for five seconds, then relax for five to ten seconds.

3. *Face:* With your eyes closed, roll your head back, open your mouth wide, and screw up your face, tensing all the muscles in your head and face. Hold it for five seconds and then relax for five to ten seconds. Also with your eyes closed smile widely while screwing up your whole face, tensing all facial, scalp, and jaw muscles. Hold it for five seconds and then relax for five to ten seconds. Frown deeply while screwing up your face and tensing all scalp, jaw, and facial muscles. Hold it for five seconds and then relax.

4. Take at least a minute to settle after doing the above, getting as comfortable and relaxed as possible. Feel all the tension drain from your body. When you feel deeply relaxed, begin the breathwork routine.

Breathwork: Breath Awareness (5 Minutes)

Quiet your mind and observe your breathing for five minutes. Learn patience. Enjoy these few moments of silence and inner peace. Feel your body growing heavy with deep relaxation as you quiet your mind and breathe all your tension away. Do not fret if thoughts keep popping into your mind. Just keep pushing them away and going back to feeling your breath moving in and out of your body. You'll get better at this steadily with practice.

Energy Body Stimulation: Toes (10 Minutes)

Spend thirty seconds to a minute on each of the following exercises.

1. Target the top of your left big toe with your awareness. Use the brushing action and brush back and forth along its whole length, over and over. Concentrate on feeling this action inside your skin. Vary this action occasionally by brushing each side of it as well: inner and outer, top and bottom. Repeat this exercise with your right big toe.

2. Use the sponging action through the whole of both big toes, one at a time. The stirring action can also be used on top of each joint if they are difficult to stimulate into noticeable activity. (Noticeable activity would include the feeling of localized tingling, throbbing, or heaviness.)

3. Split your body awareness, brushing and then sponging both big toes simultaneously.

4. Use the brushing and sponging actions on all lesser toes, starting with the toe next to the big toe on your most responsive foot. Spend slightly more time on your less-responsive foot and on any unresponsive toes to help clear energy blockages.

5. Using a slightly wider brushing action and starting with your best foot again, brush across the tops of all toes at the same time from side to side, from big to small toe, back and forth. Repeat this action on your other foot.

6. Split the body awareness action and repeat the above on both feet simultaneously.

Daily Tips

Robert: When you pause to relax your whole body after doing the relaxation routine, it can help if you imagine oily, black fluid leaking out of your feet and draining away into the earth. This black fluid contains all your tension and negative energy. Feel your whole body growing warm and heavy and cozy and deeply relaxed as all the tension drains away.

Brian: The first day of toe work is a little more complex than the energy work to come. After today you'll work on all the toes at the same time, which goes a lot quicker. It pays to take a little more time and care the first

day of toe work. The first time you get all your toes stimulated and buzzing with energy, it can be a little overwhelming. This is because they aren't used to this level of energy movement and activity. It may take several days before strong sensations ease and it feels more comfortable.

Your Program Notes/Observations

DAY 5

Relaxation, Breathwork, and Energy Body Stimulation (Feet)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 1 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation: Foot work (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 20 minutes

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Turn off the preset when you begin your relaxation exercises.

Relaxation: Entire Body (5 Minutes)

1. *Lower and upper body:* Follow the steps you learned for relaxing your lower and upper body. Relax your feet, calves, thighs, hips, buttocks, stomach, lower back, chest, upper back, face, and head. Hold for five seconds each and then relax. Consult earlier instructions if you forget the steps.

2. *Jaw:* With your head held in its balanced resting position, force your lower jaw straight out. Tense your jaw and hold it for five seconds, then relax.

3. *Neck I:* Without tensing or forcing, arch your neck forward slowly and press your chin down firmly onto your chest as far as it will go. Hold it there for thirty seconds while breathing normally, and then slowly relax it back to its normal resting position. (If you have neck tension problems, hold your chin on your chest for up to three minutes.)

4. *Neck II:* Again without tensing or forcing, slowly push your head way back and firmly push your chin straight up. Keep pushing your chin out but do not tense your neck muscles. Hold it for thirty seconds while breathing normally, then slowly relax your head back to its balanced resting position. (Again, if you have neck tension problems, hold this position for up to three minutes.)

5. *Neck III:* With your head in its normal resting position, slowly grit your teeth and tense all your neck muscles, feeling the tension spreading right through your entire neck and up around your skull. Hold it for ten seconds and then relax.

6. *Full-body stretch:* Give yourself a full-body stretch, pushing out your arms and legs with your head back. Stretch and tense as much of your body as you can while taking a long, slow, deep breath. Tense and hold it for five seconds. Then deeply relax your whole body while slowly and deeply exhaling. Check your posture and readjust your sitting position at this point, but hold on to your relaxed state.

7. Take a minute to settle, getting as comfortable and relaxed as possible. Feel all the tension draining out of your body. When you are settled, begin the next exercise.

Breathwork: Breath Awareness (5 Minutes)

Spend five minutes observing your natural breathing process. Keep pushing those thoughts away and returning your focus to your breathing. *Keep it simple.*

Energy Body Stimulation: Foot Work (10 Minutes)

Perform the following exercises for approximately one minute each, but cease stimulation if energy movement sensations become too uncomfortable.

1. Using wide brushing and sponging actions, stimulate all the toes of your most responsive foot at the same time. Repeat this on your other foot. Then split your body awareness and do both feet at the same time.

2. Target the middle of the sole of your left foot with your awareness. (Scratch or rub this area as necessary for targeting.) Using a small clockwise stirring action (approximately one and a half inches in diameter [three centimeters] from the perspective of looking at the bottom of the foot), circle your point of body awareness there continually. Move this stirring action slowly over the underside of your foot, heel, and toes. Keep this stirring action moving at all times, covering your entire sole thoroughly several times. This action is a little like using a small rotating electric massager. Spend at least a minute or two on each sole or until the surface of each sole begins to respond well. Do your best and keep trying with this technique, but skip ahead to the next technique if you find it too difficult.

3. Use a wide brushing action for this, as if you are painting your soles with a large paintbrush. One foot at a time, brush your awareness back and forth from heel to toes, covering the entire underside with each brush stroke.

4. Split your awareness and repeat the wide brushing action on both soles at the same time.

5. Using a deep sponging action, draw awareness from the tips of your toes to your heel, back and forth through the whole of each foot, one foot at a time. Feel this action inside the whole of each foot as you do this.

6. Split your awareness and sponge the whole of both feet at the same time.

Daily Tips

Robert: The feet are very sensitive and powerful energy structures. Whole-foot stimulation actions, especially sole stimulation actions, can cause some unbelievably strong energy sensations in some people (e.g., extreme tingling, buzzing, and bone-deep heaviness). This feels a bit like it does when your leg falls asleep and you suddenly restore circulation. Apart from their natural sensitivity, the feet are the main energy conduits into the energy body, so they are obviously very important to get "online" in an energy sense. Very strong sensations indicate energy blockages. These sensations will steadily reduce over future energy work sessions.

Brian: I found the clockwise circular action on the bottom of the feet to be the most challenging of all the awareness actions in the program. Practicing with a brush on the bottom of your feet beforehand to get the hang of it doesn't help much if you're ticklish. Ultimately, I found that taking it slow and putting my feet together to stimulate both soles at the same time worked the best. Having both soles to stimulate simultaneously increased the surface area and made the body awareness action easier to do.

Your Program Notes/Observations

DAY 6

Relaxation, Breathwork, and Energy Body Stimulation (Legs)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 1 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation: Leg work (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 25 minutes

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Now that you know the entire relaxation exercise, try listening to the preset while relaxing. Stop the preset during the energy body stimulation if you need to consult the directions.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise that you learned this week.

Breathwork: Breath Awareness (5 Minutes)

Practice breath awareness for five minutes.

Energy Body Stimulation: Leg Work (15 Minutes)

Perform each step for one minute or more.

1. Use wide brushing and sponging actions to stimulate all your toes. Then move on to the stirring and whole-foot brushing awareness actions on the soles of your feet. Finish your feet off with a whole-foot sponging action.

2. Continue the stimulation with the legs, one at a time. Each leg sweep should take approximately three seconds for each pass, up or down. Use a wide brushing action on the front of each leg. (Scratch, rub, or stroke the whole leg pathway if it is required to help target and trace the pathway being worked upon.) Move your awareness from the tips of your toes, over the top of your foot and ankle, up your shin to your knee, and on up to the top of your hip joint on the front of each leg. Brush your awareness steadily back and forth a dozen times or so each way.

3. Repeat this on the back of each leg, one at a time, from your heel to the rear of your hip joint (top of buttock) and then back down again. Sitting in a chair will not interfere with this action.

4. Repeat this on the outer sides of each leg, one at a time. Pay attention to taking energy from the smallest toe with this part of the exercise, through the outer side of your foot to the heel, to the side of your ankle, up to the side of your knee, to the top of your outer hip joint, and then back down again.

5. Repeat this on your inner legs, one at a time: from your big toe through the inner side of your foot to the inner side of your ankle, to your inner

knee, to your inner groin creases at the top of each leg, and then back down again.

6. Raise energy with large sponging actions through the whole of each leg, feeling all of your leg. Draw your awareness from your toes, through your ankle, up through your knee joint to your hip, and then back down through your whole leg again. (Avoid the genitals, as stimulating this area can cause distracting erotic sensations. More on this later when we deal with primary energy centers in Week 4.)

7. Split your awareness and repeat step 6 on both legs simultaneously.

Daily Tips

Robert: When learning leg actions, it helps if you put your feet out in front and place your legs side by side. This also makes split awareness actions much easier to learn and do. Later, when you've practiced the technique more, you'll be able to do whole-leg actions in almost any position. In step 4, the small toe is important. It helps if you spend a little time awareness brushing the side of each foot, from small toe to heel, before doing the outer leg exercise. If you can shift over to doing all split awareness actions, you will get more value from your daily exercises.

Brian: You may already find that when you stimulate the foot or leg on one side of the body, the corresponding area of the other side starts to respond automatically. This can be a little distracting, especially if the other side of the body is being energized to a greater extent than the one on which you are working. A simple way to alleviate this problem is to split awareness and, from the very beginning, stimulate both sides of the body simultaneously.

Your Program Notes/Observations

DAY 7

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Read chapter 2
	Optional: Week 1 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Breath awareness (5 min.)
	Energy body stimulation: Leg work (15 min.)
	Energy body bouncing: Leg (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 01: Relaxation" (20 Minutes)

Listen to the preset in a hard-backed chair. Keep your eyes closed for maximum benefit. Stop the preset during the energy body stimulation if you need to read the directions.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Breath Awareness (5 Minutes)

Practice breath awareness for five minutes.

Energy Body Stimulation: Leg Work (15 Minutes)

Stimulate your toes, feet, and legs the way you did yesterday using stirring, brushing, and sponging awareness actions.

Energy Body Bounce: Legs (5 Minutes)

1. Use sponging awareness actions up and down through the whole of one leg, from foot to hip, feeling it moving up and then down as with the earlier whole-leg sponging exercise. Bounce from foot to hip and back repeatedly, faster than you did before. Your body awareness is capable of lightning movements and of flicking from one body part to another instantly, but not so when moving *through* the substance of the energy body.

2. Slowly increase the speed of the leg bounce action and you will soon feel resistance. You will find there is a natural speed limit of approximately a third of a second each way. If you move faster than this, your awareness will lose contact with your energy body and start flicking from foot to hip and back, skipping the leg in between. Once this happens, you are no longer moving awareness through the energy body and hence no longer stimulating it.

3. Continue bouncing for several minutes. It's quite a pleasant sensation when you get used to it and the bounce action quickly becomes almost automatic. Try splitting your awareness and bouncing through both legs at the same time. Holding your legs together makes this easier.

Daily Tips

Robert: The bounce action starts to become almost automatic after a while. The body's intelligence and/or the subconscious mind take over the bounce.

You will find that when you stop a bounce action, it will try to continue on its own. Try this and you'll see what I mean. The longer you have been doing a bounce action, the more noticeable this becomes. This is a very useful phenomenon, as it makes energy raising and storage easier.

Brian: This was the day on which I began to really notice energy blockages in my own energy body. I found that when I began doing the leg energy bounce, the sensations in my right leg were a lot more pronounced than in my left leg. At first I thought this was a good thing, but then I noticed that my right foot would begin to tense up and the right foot's toes curled downward. Knowing that body tensions like these make a conscious OBE exit nearly impossible, I spent more time than usual on stimulating this leg to strengthen and clear the pathways. As you continue energy body stimulation, identify similar blockages in your own body and spend extra time stimulating and clearing them.

Your Program Notes/Observations

Before Moving On

This week you should have:

- set up your private meditation workspace;
- practiced and memorized all the steps necessary for deep physical relaxation;
- learned to focus on your natural breathing process while quieting your mind with breath awareness;
- learned stirring, brushing, and sponging awareness actions;
- stimulated the lower half of your energy body.

I had my first OBE at 6 a.m. I had been up all night meditating, but I usually meditate from 2 a.m. to 4 a.m. trying to OBE.

Last night I was pretty bummed from trying to project and failing. I tried again for a short time with no results. Afterward, I decided to lie down and go to sleep.

I lay on my side facing the couch to prevent any OBE symptoms. I'd read that it's harder to project on your side and I was hoping to get some good rest. The next thing I knew I was looking through my closed eyes, staring at the couch in kind of a weird perspective. It was like one eye was open and one was not.

I tried to turn over onto my back but couldn't. I tried again, harder, but nothing happened. I began to think of the waking paralysis I'd read about in Astral Dynamics. *I've experienced it only once before that I remember. It only lasted a few seconds but it was pretty weird.*

Then I tugged upward and could feel my astral double rising out. I could feel a tug from my physical body. At the same time, my defective astral vision was giving me problems. I couldn't really see anything. I moved several feet away to the nearby window, and the tug from my physical body lessened.

I then tried to crouch and jump really high, in kind of a blast-off-through-the-roof maneuver. I felt the rush as I ascended, but with defective sight I had problems really appreciating it. At this point my vision shifted to my physical body and it seemed that my body was breathing heavier. I could feel it as I looked through my eyes to the couch from where I lay.

After the blast-off attempt I decided that I'd had enough and I tried to wake up, but it didn't work. I went over to my physical body as it lay there and, through blurred vision, tried to get a closer look.

I actually tried to grab my physical body and roll it over to examine my face and make sure that I was breathing. Of course, that didn't work!

I don't think I ever forced my re-entry. I just ended up waking up later. Also, these memories didn't come right away. I had to spend a few minutes recalling them, but they were easy to recall.

WEEK 2

Manipulating the Energy Body

What to Expect

- Energy body development
  - *More body awareness exercises*
  - *Arm energy bounce*
  - *Spine energy bounce*
  - *Full-body energy bounce*
- Multiple energy body model for OBE
- The projection process
- Shadow memory download
- More breathwork
- *Optional:* BrainWave Generator instructions

If having a conscious-exit OBE were easy, everyone would be doing it! Some people have a natural talent for it. But even those with natural OBE ability as children can lose it as adults and find they have to relearn everything. Even for them, the path toward discovering how to project requires time, patience, and discipline.

As you enter your second week of OBE training, it's important to consider that OBE ability is a talent that requires cultivation. To reap the rewards, you need to put in the time and effort to nurture OBE ability. The good news is that you are now one week closer to making this happen. With each practice session—even if it's just a few short sessions spread throughout the day—you move another step closer to having an OBE. And hopefully you

are also learning a thing or two about your true spiritual nature along the way.

The more time you put into relaxation, energy work, and other skills, the more at ease you will be with the slightly altered state of consciousness required for having an OBE. This comfortableness can mean the difference between a calm, controlled projection and one filled with trepidation and angst. Like most things, the more experienced you are, the more confident and relaxed you will be when the big moment arrives.

Do not give up! Move forward at your own pace, but continue to move forward. Take the momentum you have gathered so far and allow it to carry you ahead.

Last week you practiced the essentials of deep physical relaxation. This week you will continue to refine your ability to let go and release physical tension. Last week you also started becoming more aware of your breathing and clearing your mind. This week you will build upon this and take another step closer to the breathing technique used during the OBE exit.

This week's main focus is on energy body development. So far you have begun to stimulate and become aware of energy movement in your body. Now you will learn more about your energy body and why it is so important to improve its flow of energy. You will also get a clearer understanding about what is actually happening during an OBE and learn how memories are downloaded from your projected double into your physical brain/mind. The more you understand this process, the easier it will be for you to recognize what is happening during your OBE practice sessions.

Energy Body Development

This week you will take body awareness skills to the next level by practicing slightly more advanced exercises. By now you should be getting a sense of your ability to stimulate and manipulate your personal energy. Some people, especially during early stages, will feel very strong energy movement sensations. These sensations will fluctuate and gradually reduce

in severity as your energy body develops to handle the increased energy load.

Strong energy movement sensations are caused by resistance within the energy body. This is resistance to an increased flow of energy through blocked or narrowed energy centers and connecting pathways.

When personal energy responds in the early stages, it will most commonly cause a surging, bubbling, rushing water kind of sensation. This can be especially strong in the shins, knees, and thighs, often appearing to come from deep inside your bones. These can be breathtaking and almost painful at times.

It is fairly normal to feel strong buzzing and tingling sensations while stimulating the feet, legs, hands, and arms. These sensations will fade slowly with regular use and development, reducing to a warm and comfortable gently tingling energy flow. Levels of sensation can also be affected by other factors, such as the condition of your physical body and the strength and availability of free energy, which fluctuates daily and varies from one place to another.

Common energy sensations include the following:

- tingling, tickling, buzzing, and vibrating in the soles of feet and toes
- rushing-water sensations up legs and arms
- bone-deep tingling inside hands, feet, legs, and arms
- tingling energy body-rush feelings up arms, legs, and spine
- muscular cramping, spasms, and twitching
- cobweblike tickling, like ants crawling all over you
- localized stinging and prickling sensations
- aching cold or hot spots, especially in soles and palms

Heavy energy movement sensations always reduce as the energy body develops. After practice, those with highly developed energy bodies will feel only a gentle tingling warmth as a massive amount of energy is drawn

through their bodies. Look upon the lessening of energy movement sensations as signs of real progress in energy body development.

After repeating energy stimulation exercises a number of times, you will find they develop a tendency to continue of their own accord. Awareness actions can thus continue in the background for long after you have stopped consciously doing them. This is caused by your energy body memory taking over and continuing repeated body awareness actions. This also shows just how quickly the energy body can be developed.

KEY POINT

Do not make the natural mistake, as many people do, that reduced sensations equate reduced energy flow or that you are doing something wrong —the opposite applies.

After an energy blockage has been cleared, the energy body will continue flowing energy to the newly cleared area. Energy movement sensations may thus continue for long after stimulation actions have ceased. Energy blockages can also clear spontaneously in response to earlier stimulation work. This can happen at any time of the day or night, which might result in noticeable energy movement sensations that begin spontaneously for no apparent reason.

Again, do not be unduly concerned if, after initially feeling strong energy movement sensations, these lessen to a faint tingling warmth after several days or so. This is normal and a good sign that your energy body is functioning better. However, if after this week's exercises you feel no energy movement sensations at all, you may consider increasing time spent practicing energy work. Some people take longer than others to achieve results. You cannot overdo this type of energy work.

Setting the Stage for an OBE

Your relationship with the astral dimension can be likened to how a radio captures and reproduces sounds. Multiple radio broadcasts flit invisibly through the air on different frequencies, but all occupy the same space simultaneously. If you think of a radio dial moving through various

frequencies and tuning in to radio broadcasts as it goes, you might get a sense of what actually happens when you astral project. What you are doing is transferring your awareness to a lighter vehicle of consciousness that allows you to experience different astral levels, like a radio tuning into different broadcasts.

Various dimensional areas can be explored during an OBE, from those similar to the physical dimension to areas more abstract and removed. As we consider the various levels of the astral planes, it helps to consider the radio metaphor. Think of a radio tuned to the lowest possible frequency as your physical body/mind experiencing normal waking consciousness in the physical dimension. When you go out of body, your thinking consciousness is transferred to an energy body in an environment similar to but slightly out of phase with your physical body/mind and the physical dimension.

The first dimensional area, the one closest to normal physical reality and the one in which you are most likely to find yourself during your first projection, we call the *real-time zone.* The real-time zone is the dimensional area that exists between the physical dimension and the first astral plane. This can best be described as an area where a perfect reflection of reality is broadcast (using the radio metaphor) in real time as reality happens in real life.

The real-time zone looks much like the normal physical world, with the same people and objects and with events and chronology parallel to our waking environment. While there are often slight inconsistencies (called *reality fluctuations*) between the real-time zone and the physical dimension (e.g., furniture that exists in one world is missing in the other, doors or windows might be out of place, etc.), it is essentially recognizable as the regular physical world. This is not one of the seven classic astral planes per se, but rather a buffer zone that separates the physical universe from the first astral plane.

As we move slightly higher on the astral radio dial, we move into the astral dimension proper. The higher we go, the fewer characteristics the

environment shares with our everyday physical surroundings. These are the astral planes. They span and permeate the physical universe but are nonspatial and do not occupy actual space any more than do radio waves. The astral planes do not reflect the physical universe as precisely as the real-time zone, but like radio broadcasts, they nevertheless occupy the same space. Sometimes projectors will find themselves in the astral planes when they first get out of body, but this is less common than a first real-time zone projection. It is not uncommon for veteran projectors to have years of OBEs and never experience the astral planes. The reverse also applies for some projectors.

It is commonly believed that the lower astral planes are bad places. This is not necessarily so. Each astral plane contains within itself a broad spectrum of levels and realms associated with that frequency (or vibration). It is also a mistake to think of the real-time zone as a low astral plane, with *low* meaning negative, evil, or bad. It is just a buffer zone between the physical and astral that shares some of the properties of each.

What Happens During a Projection

Keeping the radio metaphor in mind, let's examine what happens during an out-of-body experience.

It is best to think of the OBE process as your conscious awareness transferring from your physical body into a subtle astral body that is best suited to the astral environment. This could also be likened to transferring your consciousness into a computer-generated virtual reality environment, as shown in movies like *The Matrix* and *The Lawnmower Man.*

When you project out of body you are *not* leaving your body an empty shell devoid of mind, spirit, and soul. The term *out-of-body experience* is really a misnomer, because your spirit is not actually departing your physical body. Rather, you are transferring a perfect thinking *copy* of your consciousness into a projected double that can exist outside the confines of your physical body and mind. The transfer of this copy occurs

automatically during the OBE exit process. In essence, this can permit projectors to experience two places at once.

> **KEY POINT**
>
> Your original mind, spirit, and soul never leave your physical body while it lives!

Your astral body is always firmly connected to your physical body through an unbreakable energy filament often referred to as the *silver cord.* This allows energy from your physical body to flow to your astral double to keep it functional and lucid. Additionally, experience tells us that two-way communications pass through this cord between the physical body and its astral counterpart. If you study case histories of OBEs, you will frequently come across examples of this happening. For instance, someone might be having a distant out-of-body adventure, yet also hear the clock ticking beside his or her physical body. You will also encounter numerous examples of projectors sighting glowing cords connecting them to their physical bodies, even if they have never heard of the silver cord.

Not all projectors see this connecting cord, but enough sightings have been recorded to justify its probable existence. It is likely that the silver cord only becomes visible during certain types or levels of OBEs, which would explain its absence during other types of OBEs. Also consider the fact that if the physical body is disturbed, the projected double is instantly recalled. The simplest and most likely explanation for these factors suggests that a direct connection must exist between the physical body and its projected double. Let’s take a look at the various subtle bodies and how they apply to the OBE.

Your Fundamental Energy Body

Your fundamental energy body, the part that resides within you during your lifetime, is closely related to your physical body. It is intimately involved with all biological life processes plus all subtle energy processes, including OBEs and psychic abilities. The fundamental energy body can be thought of as the part of you that links your physical aspect with all your nonphysical

aspects. The fundamental energy body is what you have been manipulating with the body awareness techniques you practiced last week.

The fundamental energy body cannot leave the confines of the physical body during one's lifetime. The only possible exception to this would be an NDE (near-death experience), which would account for the stunning power and clarity of an NDE.

The fundamental energy body has various aspects. One aspect is associated with biological functioning and bodily intelligence. There is also an aspect made up of at least seven primary energy centers (also called major chakras), three main energy storage centers, plus hundreds of secondary energy centers (small chakras) and dense patches of energy exchange ports. Additionally, there is also an aspect that internally generates subtle bodies (the aspect responsible for projection).

The very first subtle body generated is always internal. This can be called the *expanded energy body.* This is the subtle body into which your thinking consciousness first transfers when you fall asleep or when you enter the trance state.

The trance state is where your physical body falls asleep while your mind stays awake. This is heralded by a warm, heavy, and blissful wave, which happens for just a few moments before you fall asleep. This internal projection of consciousness into the expanded energy body (the trance state) is the first step of the staggered OBE projection process.

All aspects of your fundamental energy body are enmeshed within your physical body, including the expanded energy body. These are never projected during an OBE. They are best thought of as the parts that keep you alive, the parts that generate all subtle bodies and anchor and support these to your physical body while you are out of your body.

Your Expanded Energy Body

The expanded energy body is first generated when the trance state is achieved. This is much like the projected double, but it cannot fully

separate from the physical body. It can, however, develop various astral abilities and some freedom of movement within the physical body in the full trance state and especially in the pre-OBE exit state. At these times it shares some of the properties of the fundamental energy body and some of the astral double. It can also be said to be part physical body and part spirit body, a kind of ectoplasmic in-between state of existence.

To elaborate, when the complete expanded energy body is internally generated, not only consciousness is transferred to it but also the mind/spirit/soul essence. The mind can be awake or asleep, but the spirit/soul essence is always conscious at some level during sleeping, dreaming, and an OBE. This makes a lot of sense, as there must be a natural basis for these internal transfers of consciousness. It is only in this state that out-of-body projection becomes possible.

Yet a study of what we call the *mind-split effect* (discussed later) suggests that the whole mind/spirit/soul unit is not projected outside the physical body, only a copy is projected. Logic suggests that this is a natural phenomenon designed to protect the physical body and its mind/spirit/soul unit during an OBE. In a way, it could be said that the mind/spirit/soul occupies and guards its earthly vehicle at all times.

The expanded energy body is most likely responsible for astral sight and hearing, because the expanded energy body can stay conscious while an OBE is in progress. It can hear and see into the real-time zone and even into the higher levels of the astral at times. The expanded energy body has limited movement inside the physical body, but with practice one can even turn around and face the other way, moving around inside one's own skin.

These astral perceptions and movement abilities can be functional during an OBE where a projector is conscious of operating out of body as well as being conscious inside his or her paralyzed physical/expanded energy body. Memories of such duality, of existing in two places simultaneously during an OBE, are common if you examine case histories. For example, projectors remember being at remote locations while also being aware of

real-life events and sounds near their physical bodies. Memories of flicking back and forth between the projected double and the physical body are also commonly experienced.

The expanded energy body and/or its projectable double are probably also involved in the common experience where people feel only a part of their astral body floating out of their physical bodies. For example, they might feel their legs or arms or heads and shoulders floating free, but with no full projection occurring. This can also be considered a partial projection, where only a part of the projectable double is generated.

Your Projectable Double

During the OBE exit process, the fundamental energy body combines with its expanded energy body to produce an internal projectable double. When the projectable double is produced, another internal shift of consciousness occurs from the expanded energy body to the projectable double—but this shift generally goes unnoticed.

When the OBE exit reflex is triggered, a projector feels him- or herself shifting out of body. This is usually a quite noticeable and visceral sensation. Once projected, the projectable double is then called the *astral double* (these are one and the same). This makes sense if you look at the whole projection process, which is a staggered affair (from physical body to expanded energy body, then from projectable double to projected double, and so on).

Your Real-Time Astral Body

Next in line is your real-time astral double. This is the vehicle of consciousness that is projected into the real-time zone (the buffer zone between the physical universe and the first astral plane). Some people call the real-time projectable double the *expanded energy body* and say this can be projected out of body. We prefer to call this the *real-time astral body,* with its natural environment being the real-time zone, because these terms

are more descriptive. Popular Eastern terminology does not do these aspects justice, so we clarified them with Western terms.

If you project your real-time body and others doing the same observe you, to them you would look reasonably normal. One's self-image is a factor in how you appear during an OBE, so you will usually look younger and more perfect but similar to how you look in reality.

By its nature, the real-time double exists and functions in the real-time zone only. If you project to the next higher astral plane (i.e., tune to a higher frequency on the radio dial), you automatically generate a finer astral body. The projected double is dynamic and automatically adjusts itself to suit its environment.

The real-time body is only one step away from the expanded energy body. Feedback between these two aspects is a factor, especially during operations in the real-time zone. What affects one will affect the other. The intensity of this feedback is strongest within thirty feet or so (nine meters) and reduces with distance. At very close range, the physical body generates a type of magnetism that can be keenly felt by the real-time projected double as an intangible force trying to drag it back into its physical body. For these reasons, projectors are generally advised to move quickly away from their physical bodies after the OBE exit and to keep their distance until they plan to return.

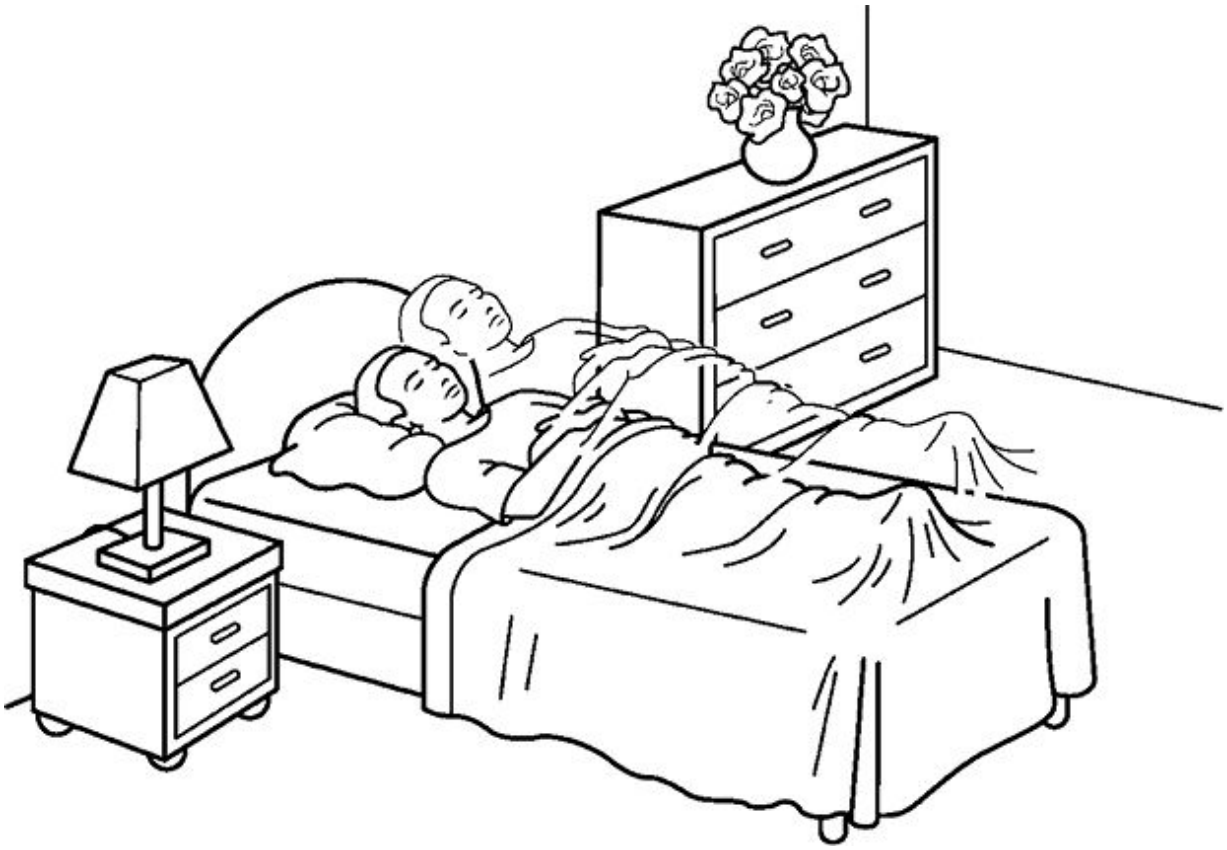

Figure 1. OBE phase one: The inner projection into the expanded energy body.

Your Astral Body

The astral body is more stable and less affected by the physical body than its real-time cousin. As a result, the astral body is easier to manage during an OBE. By definition, the astral body is the vehicle of consciousness used to explore the astral planes. Since the astral planes are further removed from the physical dimension, the astral body experiences less energy conflicts, tensions, and pressures with its expanded energy body counterpart than does the real-time double. When you are in your astral body, you will still perceive yourself as having a body, although you will usually not see it unless you deliberately look at yourself.

To summarize, there are four energy bodies associated with projection:

• The *fundamental energy body,* the energy body related to life functions that remains rooted in the physical body throughout one's lifetime

- The *expanded energy body,* the energy body associated with the first stage of OBE, the *inner* projection
- The *real-time energy body,* the energy body that operates in the real-time zone into which a copy of consciousness is projected
- The *astral energy body,* the energy body that operates in the astral planes into which a copy of consciousness is projected

Note: Only a real-time or astral energy body is typically in use at one given time. They might both be projected at one time, but only one has the focus of energy (and thus active consciousness).

The Projection Process

Astral projection happens naturally during sleep without your being aware of it. Often you may have fragmented memories of out-of-body experiences such as flying dreams, or exit-related sensations such as sudden falling sensations (brief falling feelings of the type that jerk you awake). This last is caused by mini-OBE exits or partial exits and can happen many times in a single night. It is particularly likely to occur when you are restless and having difficulty falling asleep. This sensation will often affect the dream mind and generate dream imagery of flying or falling.

Generally, brief falling sensations are not actually caused by your projected double falling back into your physical body, which is physical-world thinking. This sensation relates to the OBE exit, which causes a continual falling sensation *on the way out* of body. Therefore, a partial OBE exit generates the falling sensation without any actual falling being involved. If you have experienced these from time to time, it's a very good sign that you have natural OBE ability. It also shows how the OBE exit happens smoothly and naturally every time you sleep.

Essentially, what the *Mastering Astral Projection* program does is to mimic in a very deliberate way the natural OBE process that occurs nightly.

Instead of allowing it to happen naturally, however, you will be consciously directing the process and employing special techniques to retain the memories after the fact.

Let's look at what happens during a conscious-exit OBE (Figure 1).

During this program, you will be training your mind to remain awake as your body falls asleep. The mind awake/body asleep state is an altered or trance state of consciousness. When this happens, an *inner* projection occurs. Your center of consciousness shifts into the first level of subtle body—your expanded energy body—as it expands and prepares to generate a projectable double. You may have experienced or read accounts in which people attempting to project have been able to see the room through closed eyes or even seem to have projected and yet be stuck in their body. These are examples of abilities related to inner-body projection. From this point it is usually only a matter of employing an exit technique to trigger a full OBE exit.

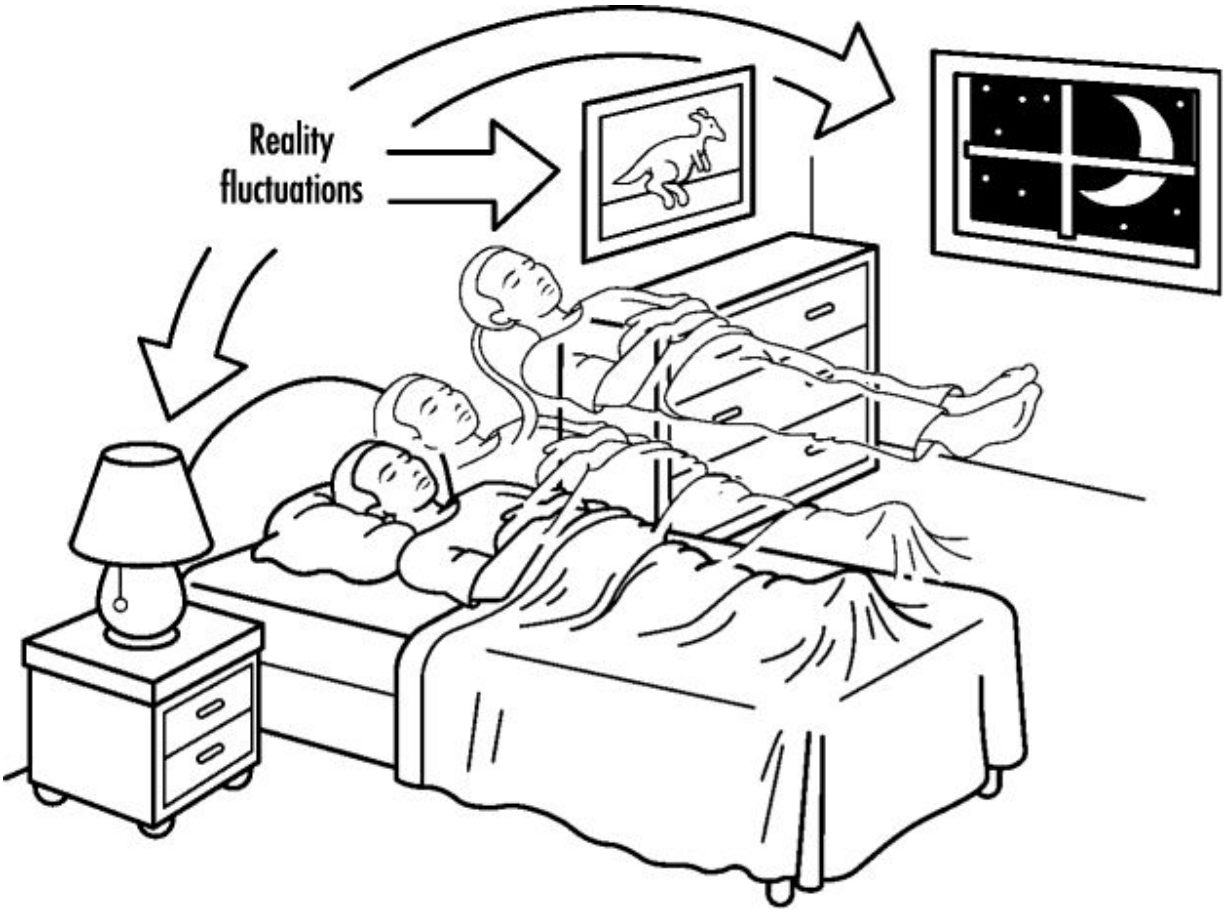

Figure 2. OBE phase two: The real-time double is exteriorized.

From the first inner expanded energy projection, you next project into your real-time double (Figure 2).

Again, the physical body/mind is never left empty. A projectable double is exteriorized and a *copy* of consciousness transfers into it. It is a fallacy to think that you may not be able to get back into your physical body after a projection, that you might get lost, or that some ghost or spirit might inhabit or abuse your body during an OBE.

Projecting from the real-time zone and into the astral planes from here is merely a matter of the consciousness shifting once again into a higher, more subtle astral body. Your expanded energy body is always in your body while you are alive (Figure 3).

As the main focus of energy shifts from the real-time double to its astral counterpart, the real-time double appears to go to sleep as a result of the

energy loss and shift of consciousness focus. Other projectors in the real-time environment would observe the projected double merely drifting there mimicking the physical body in sleep.

Figure 3. OBE phase three: Astral projection, where the bulk of exteriorized energy transfers to the astral double.

Transferring Consciousness and How Shadow Memory Works

During an OBE exit, a perfect copy of your thinking consciousness shifts out with your projected double. Your consciousness is thus split into two identical parts: one in your physical/expanded energy body and one in your projected double. You will thus exist in two places simultaneously. The mind-split effect occurs at the beginning of every OBE. Each part holds within it a full copy of thinking consciousness, which functions

independently for the duration of an OBE. Each thinks and gathers experience memories independently until it reintegrates with the other part at the end of the OBE. In general, the mind-split effect occurs unnoticed by either part, especially if the physical body/mind is asleep. During reintegration, memories from the projected double are downloaded into the expanded energy body and then into the physical brain/mind in a process we call the *shadow memory download.*

As you might guess, the above process can cause some pretty serious memory storage conflicts. This is especially so when the physical body's mind stays awake while its projected double is out and about. The biggest problem is that only one memory storage facility (the human brain/mind) is available to process and store both sets of memories after the projected double returns. To complicate matters further, the dream mind can also become active during an OBE, and so dream memories must also be considered. This is the essence of why OBEs are so maddeningly difficult to remember. It is also why shadow memory download and recall processes are so important. After all, what good are OBE experiences unless you can remember them?

Your ability to download memories from your projected double into your physical brain/mind is key to a successful OBE. Memories are the only things that remain after an OBE; without them it's as if the OBE never happened. Some people have a natural ability to remember dreams and OBEs, making them successful projectors, but most people have to train themselves and use memory recall techniques to accomplish the same thing.

When the projected double makes a deliberate return to its physical body, it "dissolves" at the moment of re-entry as it reintegrates with its expanded energy body, which in turn then reintegrates with its physical body/mind upon waking. You do not just slide back into your body like a hand slipping into a glove, you "dissolve" with a fizzy, tingling, falling sensation at the last moment. When this happens, your projected double's mind becomes momentarily unconscious as its shadow memories download into the

expanded energy body and then the physical mind/brain. If, however, your physical body is in a receptive state and you make a perfect re-entry, after a moment of nothingness you will suddenly find yourself back in your physical body with full memories of your OBE. This transition is very much like how it feels when you have forgotten something and then it suddenly appears in your mind.

If a deliberate re-entry were the same as a deliberate exit, you would expect to just slip back into your physical body with full OBE memories intact and locked into conscious memory. This does not usually happen, however, especially if the mind of your expanded energy body is awake and aware at that time. The most likely scenario during re-entry involves the fundamental energy body immediately reabsorbing the energy substance of both its expanded energy body and its projected double.

The OBE memories, on the other hand, are something quite different. During re-entry, they are downloaded and held in much the same way as dream memories are: just beyond the edge of conscious memory. This similarity is why dream recall practice is so crucial for OBE training.

Fortunately, like any other type of memory, shadow memory can be trained. This is why keeping a dream journal, writing down key words, and other dream recall techniques are so important. Hopefully by now you will be recovering at least some dream memory fragments. You may also have discovered some factors that enhance dream memory recall (e.g., waking up naturally versus waking up with an alarm clock, using the snooze button on your alarm, having a sleep deficit versus getting plenty of sleep, etc.). Try to use these factors to improve your shadow memory recall. As this program continues, you will learn more techniques and tips for sharpening shadow memory recall.

Preparing for the First Inner-Body Projection (Part 1 of the Program)

The first part of this program, Weeks 1 through 6, is all about developing your ability to accomplish the first stage of projection: the *inner* body projection, which involves the expanded energy body and the trance state.

As this inner projection takes place, the center of your thinking consciousness automatically transfers into this internally generated subtle body. When this happens, your physical body falls asleep. Beyond this point, in the full pre-OBE exit state, the physical body becomes paralyzed.

Pre-OBE exit paralysis occurs when your entire animating consciousness (your mind/spirit/soul unit) moves out of synch with its physical body to reside within its fully generated expanded energy body. This is a kind of ectoplasmic in-between state of existence firmly contained within the physical body. Temporary paralysis will also sometimes occur during full to deep trance, but this usually involves an unnoticed OBE exit.

In order to project, your eyes must be closed at all times. Having your eyes open confounds the OBE exit process. This is because during the exit your brain/mind would be forced to accept two streams of visual input simultaneously: one from the physical eyes and one from the projecting astral body. This causes a kind of unnatural astral shock that grossly interferes with the OBE exit.

KEY POINT

In order to project, your eyes must be closed at all times.

You should not physically move during an OBE exit attempt. This is true for the same reason you should keep your eyes closed. Any movement or muscular tensing will interfere with that first level of inner projection, especially for novices. The challenge is not just relaxing but *staying* relaxed during the OBE induction process and not allowing yourself to tense up in response to OBE exit sensations.

KEY POINT

You should not physically move during an OBE exit attempt.

You began this program learning how to relax your physical body and to manipulate your energy body. This has given you some sense of how to control your personal energy in a deliberate way. These are invaluable

skills, as the majority of OBE exit techniques in this book involve body awareness actions.

In future weeks you will learn more about shutting down the internal dialogue that more or less flows constantly through your mind in the awake state. You will also learn how to accelerate the process of causing your body to fall asleep while your mind remains awake and lucid.

Breathwork: Deepening the Breath

This week's exercise has been designed to complement last week's breathwork. Last week you quieted your thoughts and observed your breathing without making any effort to change your breath cycle. This week you will learn to take fuller and deeper breaths in a gradual way.

Start as you did last week by sitting quietly and silencing your thoughts. Spend a minute focusing on your breathing. After this, mentally count "one" and take a slightly deeper breath than your previous breath. On the next breath mentally count "two" and take an even deeper breath. Count up to between six and twelve, taking slightly fuller and deeper breaths each time.

At some point during the above count you will reach a comfortable level of deep breathing. Count out another twelve breaths at this level. Keep your mind focused on the leading edge of your breath or on the rise and fall of your chest and stomach, whichever is easiest for you. If stray thoughts impede on your mental silence, gently push them away and focus on the next number in the count.

After taking twelve deep breaths, begin a fresh count. Mentally count "one" and take a slightly shallower breath than the one before. Mentally count "two" and take an even shallower breath. Take anywhere from six to twelve counts to let your breathing settle down to its normal level and cadence. When you are through, simply sit there for a minute and observe your normal breathing. Is it deeper than it was before? Has it slowed down at all?

Your breathing should never be forced. The goal for you here is to find a slightly deeper and fuller breath cycle that also feels comfortable.

Optional: BrainWave Generator Preset "Week 02: Relaxation (Deep)"

Use the BrainWave Generator preset the same way you did last week. Start the preset at the beginning of your relaxation exercise and listen to it throughout your energy work. If you found it effective to sit quietly and listen to the preset fifteen to twenty minutes before you began your session, or if you have a lot on your mind and are looking for a way to unwind before you begin your exercises, do so again. Use a timer or clock to time the pre-energy-work BrainWave Generator session.

If you should find your mind wandering while you sit quietly, try using a mantra. When you breathe in, think the word *astral.* When you exhale, think the word *projection.* Inhale *astral;* exhale *projection.* Allow all other thoughts to quiet.

As with last week, you want to become as relaxed as possible without falling asleep. If you find it hard to stay awake, or if you find your mind wanders too much during these exercises, make sure you are sitting in a hard-backed chair with no head support. This will help you maintain a slight level of discomfort, which will in turn help you remain awake and lucid. If this fails, take a short nap and begin again.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 2
DAILY PAGES

Deepening the breath: This week you will learn to breathe more deeply. Do not strain yourself by taking breaths beyond your lung capacity. Instead, use your lungs and belly to breathe more efficiently.

Energy body stimulation: This week you will continue to stimulate and develop your energy body, focusing on upper-body and more advanced stimulation exercises. You may discover energy blockages or that some parts of your body don’t respond as well as others. Give problem areas more attention.

DAY 8

Relaxation, Breathwork, and Energy Body Stimulation (Hands)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Optional: Energy body bouncing: Legs (5 min.)
	Energy body stimulation: Hand work (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 20 minutes

Optional: BrainWave Generator "Week 02: Relaxation (Deep)" (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say

astral as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Take a long, full-body stretch and settle into your meditation space. Clear your mind and spend a minute observing your breathing. Now take six to twelve breaths, taking slightly deeper and fuller breaths each time. Don't strain your lungs! If you feel any strain, you are breathing too deeply. Take another twelve deep breaths, pausing normally between them. Then take another six to twelve breaths, gradually taking shallower breaths each time until your breathing returns to normal again. Spend another minute observing your breathing, and then move on to the next exercise.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your toes, feet, and legs.

Optional: Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy bounce technique.

Energy Body Stimulation: Hand Work (10 Minutes)

1. Spread the fingers of your left hand slightly and use a brushing action on the top side of each finger, from fingertip to wrist, for thirty seconds per finger or thumb.

2. Turn your hand over and repeat step 1 on the underside.

3. Use a wide brushing action to stimulate the back of your hand. Cover all fingers from the tips to a few inches above the wrist for thirty seconds or more per hand.

4. Use a wide brushing action across all fingers from side to side, covering all fingers.

5. Perform the same process you did with the soles of your feet but on the palms of your hands. First use a tight, mobile stirring action, moving this action about until you have covered the whole of the palm of each hand, including the undersides of all fingers. Then use a wide brushing action back and forth from a few inches above the heel of the hand to the fingertips, covering the entire surface of the palm and undersides of all fingers.

6. Finish by using a large sponging action through the whole of each hand from the fingertips to just above the wrist.

7. Split your awareness and repeat step 6 on both hands simultaneously. (Once you get the hang of the exercise, you can save time by splitting your awareness from the beginning.)

Daily Tips

Robert: The process for hand and finger stimulation is similar to that used on the feet. Some find it easier to do early finger and hand exercises by looking at each finger during stimulation. This is permissible, but please discontinue using your eyes for this purpose once the techniques are learned. After a while—anything from a few seconds to a few minutes during a first attempt—you may start feeling localized heaviness, pressure, tingling, buzzing, or even bone-deep tickling sensations inside your finger joints. This may extend into more of your hand. The palms, like the soles, are particularly sensitive and can produce very strong tingling and tickling sensations. If these become too strong, rubbing your hands together, making fists, and/or clapping helps ease the sensations.

Brian: As with your first day of toe work, you should stimulate each finger one at a time. In the days that follow, you can stimulate all the fingers at the same time, especially if they all respond well (e.g., if some level of energy movement sensation becomes apparent). If you notice some energy blockages, you might spend a little extra time on the finger or thumb in question. When I first did hand work, mild energy pulses spontaneously

shot through my right thumb for several days. This disappeared with more energy work.

Your Program Notes/Observations

DAY 9

Relaxation, Breathwork, and Energy Body Stimulation (Arms)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Optional: Energy body bouncing: Legs (5 min.)
	Energy body stimulation: Arms (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 25 minutes

Optional: BrainWave Generator "Week 02: Relaxation (Deep)" (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say

astral as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Stretch and get into position. Follow yesterday's routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Remember to spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your feet and legs.

Optional: Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy bounce technique.

Energy Body Stimulation: Arm Work (15 Minutes)

Split your awareness on the following steps if you can.

1. Follow the steps you learned yesterday for stimulating the hands.

2. Use a wide brushing action to brush the inside of each arm from fingertips to armpit, back and forth. Continue for one minute or more on each arm.

3. Brush the outside of each arm from fingertips to shoulder. Continue for one minute or more on each arm.

4. Using a deep sponging action, sponge awareness through the whole of each arm from fingertips to shoulder. Continue for at least two minutes per arm.

5. Split your awareness and sponge the whole of both arms simultaneously.

Daily Tips

Robert: Spend as much time as you need for body awareness exercises. The times given are suggestions only. If you spend more time practicing techniques that you are having problems with now, you won't become stalled later in the program. Take advantage of travel and waiting time to do extra body awareness practice. This can be done anywhere and anytime. If you find unresponsive (blocked) areas in your energy body, use sponging and bouncing actions on them as you are falling asleep. Energy work carries on for some time after you fall asleep if you fall asleep while doing it, and this can be a great help in clearing energy blockages.

Brian: One thing to consider when you're making your daily (or nightly) program notes/observations is to jot down things that happen during the day that are particularly unusual. By this time in the program I noticed that I started having more déjà vu–type experiences, but it doesn't have to be anything mystical like that. Perhaps you'll find that you have more energy or you sleep better or you notice that you're growing more sensitive to energy movement in and around your body. Anything like this might be of significance later.

Your Program Notes/Observations

DAY 10

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Optional: Energy body bouncing: Legs (5 min.)
	Energy body stimulation: Arms (15 min.)
	Energy body bouncing: Arms (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 02: Relaxation (Deep)" (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say

astral as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Stretch and get into position. Follow yesterday's routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Remember to spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your feet and legs.

Optional: Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy bounce technique.

Energy Body Stimulation: Hand and Arm Work (15 Minutes)

Follow yesterday's energy work exercises to stimulate your hands and arms.

Energy Body Bouncing: Arms (5 Minutes)

Bounce your awareness through each arm from fingertips to shoulder and back again repeatedly. First test for resistance and adjust the bounce speed to suit. Then split your awareness and bounce through both arms simultaneously.

Daily Tips

Robert: The experience described below by Brian is typical of an early dream OBE that results from training rather than from natural ability. Because Brian experienced extreme OBE weakness, it is likely this involved an actual OBE as well as the dream version Brian first remembered. Weakness and vision problems usually resolve themselves in time, but they can also often be overcome by commanding your

subconscious to help. For example, make commands like “Give me strength!”, “Give me light!”, and “Give me vision!” and these problems will often disappear instantly.

Brian: From my personal dream journal, Week 2 of the program: “I went to sleep repeating the affirmations, thinking how wonderful it would be to float weightlessly. In a dream I found myself back in the bedroom I had when I was a teenager. ‘I don’t see what the big deal is,’ my dream self reasoned. ‘I go out of body all the time!’ I felt myself stretch and elongate and I started to float up but got stuck halfway out of my body. With a final oomph, I pushed myself out but, lacking any energy, I fell slowly to the floor, feeling the texture of the carpet beneath me. I tried to look up but my vision was out of focus. I willed myself to gain more energy and strength and for a better sense of vision but nothing happened. ‘This isn’t right,’ I thought, but was still unable to do much more than lay on the floor.”

Your Program Notes/Observations

DAY 11

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Energy body bouncing: Legs (5 min.)
	Optional: Energy body stimulation: Arms (15 min.)
	Energy body bouncing: Arms (5 min.)
	Energy body bouncing: Spine (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 25 minutes

Optional: BrainWave Generator “Week 02: Relaxation (Deep)” (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say *astral* as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Continue to follow the routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your feet and legs.

Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy body bounce technique.

Optional: Energy Body Stimulation: Arm Work (15 Minutes)

Follow this week's hand and arm stimulation exercise.

Energy Body Bouncing: Arms (5 Minutes)

Do yesterday's arm bouncing exercise.

Energy Body Bouncing: Spine (5 Minutes)

Target the tailbone at the base of your spine with your awareness. Move your awareness along the full length of your spine to the top of your head. Bounce your awareness back and forth from top to bottom, feeling it all the way. Increase the speed and adjust it until you find a comfortable rhythm—about a half second or so in each direction. Take care to breathe naturally while doing this. The spinal bounce action tends to interfere with the natural breathing pattern. This can cause shallow breathing and intermittent breath-holding.

Daily Tips

Robert: Spinal bounce-type body awareness actions have a strong self-healing side effect. The energy movement these actions cause helps reduce inflammation and promotes faster healing. Repeated body awareness can also help with any injury or disease (arthritis, sporting injuries, and infections). Raising energy with body awareness actions, especially through the thighs, stimulates the immune system. Viruses like influenza and common colds also respond well, especially if caught early when symptoms first appear. To do this, first perform the full relaxation exercise, then stimulate and raise energy through your legs and thighs, paying particular attention to thighs. Then use the full-body circuit (coming up on Day 15) for twenty minutes or more. This is even more effective if done while falling asleep at night, as energy work tends to continue for some time after you fall asleep.

Brian: Of all the energy bouncing exercises, I found the spine bounce the most difficult to get started. Perhaps this was because it had been the first time I'd stimulated this part of my energy body. Not concentrating more on the spine bounce in the beginning led to roadblocks for me later. Be sure to take as much time as you need to learn this technique.

Your Program Notes/Observations

DAY 12

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Energy body bouncing: Legs (5 min.)
	Optional: Energy body stimulation: Arms (15 min.)
	Energy body bouncing: Arms and spine (10 min.)
	Energy body bouncing: Full body (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 02: Relaxation (Deep)" (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say *astral* as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Continue to follow the routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your feet and legs.

Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy body bounce technique.

Optional: Energy Body Stimulation: Arm Work (15 Minutes)

Follow this week's hand and arm stimulation exercise.

Energy Body Bouncing: Arms and Spine (10 Minutes)

Do this week's arm and spine bouncing exercise.

Energy Body Bouncing: Full Body (5 Minutes)

The full-body bounce is easiest to learn while lying down with your arms raised above your head and your legs together. Take your awareness from both feet up through the legs, torso, head, and arms, all the way to just past the fingertips. (If you are sitting or if there is no room to raise your arms over your head while lying down, you can rest your arms at your sides where awareness is bounced from your feet to just past the top of your head.) Bounce your awareness back and forth from your feet to your fingertips. The bounce rhythm should be fairly quick—about one or two

seconds each way. Whatever feels most natural is best. Try to feel the whole of your body, inside and out, with each full-body bounce.

Daily Tips

Robert: My eldest son, Benjamin, took some physiology units at university. A part of one course involved using an ECG (electrocardiogram) to measure heart functions. Students took turns as the subject to be measured, and when it came to Ben's turn he performed an experiment. Without anyone knowing, Ben performed an energy body stimulation exercise. The ECG showed impossible readings, but worked perfectly on the students before and after him. The machine was deemed to be temporarily malfunctioning. Further inquiries yielded a possible explanation: body awareness actions cause premovement neural activity that, if strong enough, could interfere with delicate equipment measuring minute fluctuations in bioelectrical activity, as with ECG.

Brian: One of the early *Mastering Astral Projection* road testers was practicing energy work when his large pet cat playfully leapt on the area where he was focusing his energy body stimulation exercises. This is evidence that the awareness actions may be detectable and attractive to animals.

Your Program Notes/Observations

DAY 13

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Energy body bouncing: Legs (5 min.)
	Optional: Energy body stimulation: Arms (15 min.)
	Energy body bouncing: Arms and spine (10 min.)
	Energy body bouncing: Full body (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

AFFIRMATIONS

MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator “Week 02: Relaxation (Deep)” (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say *astral* as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Continue to follow the routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your toes, feet, and legs.

Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy body bounce technique.

Optional: Energy Body Stimulation: Arm Work (15 Minutes)

Follow this week's hand and arm stimulation exercise.

Energy Body Bouncing: Arms and Spine (10 Minutes)

Do this week's arm and spine bouncing exercise.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce exercise from yesterday.

Daily Tips

Robert: You may have noticed that the whole-limb and whole-body awareness exercises are becoming simpler. The smaller exercises are primarily used for training and for removing energy blockages. By now you should be feeling at least some energy movement sensations while doing the energy work. Keep in mind that strong energy movement sensations will

tend to steadily reduce. This is a good sign as very strong movement sensations generally indicate blockages.

Brian: Try this when you're doing your energy bouncing today: once you get into the flow of the bounce, stop your mental efforts but continue to center your awareness on the body part through which the energy movement is occurring. You will probably notice that the bounce possesses its own momentum, continuing even after you stop mentally prompting it. It's amazing how it seems to assume a pace and rhythm of its own. When the bounce sensation begins to quiet, resume your conscious effort to intensify it again.

Your Program Notes/Observations

DAY 14

Relaxation, Breathwork, Energy Body Stimulation, and Bouncing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Read chapter 3
	Optional: Week 2 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Deepening the breath (5 min.)
	Optional: Energy body stimulation: Legs (15 min.)
	Energy body bouncing: Legs (5 min.)
	Optional: Energy body stimulation: Arms (15 min.)
	Energy body bouncing: Arms, spine, body (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	| seek to explore higher levels of consciousness. I communicate this desire to all levels of my mind and body. I attract the energies and influences that convert this desire into reality.
EVENING	My dream memory continues to develop. Scene after scene returns to me each time I awaken. The more I practice writing key words, the more powerful and clear my dream memory becomes.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 02: Relaxation (Deep)" (20 Minutes)

Listen to the preset in a hard-backed chair with no head support and your eyes closed. If your mind wanders, practice breath awareness. Mentally say *astral* as you inhale and *projection* as you exhale. If possible, memorize today's instructions and keep your eyes closed during the entire preset.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Deepening the Breath (5 Minutes)

Continue to follow the routine: six to twelve breaths to deepen the breath, twelve deep breaths, then six to twelve breaths to get back to normal. Spend a minute before and after the exercise to observe your natural breathing.

Optional: Energy Body Stimulation: Leg Work (15 Minutes)

Follow the exercises from last week to stimulate your feet and legs.

Energy Body Bouncing: Legs (5 Minutes)

Complete last week's leg energy body bounce technique.

Optional: Energy Body Stimulation: Arm Work (15 Minutes)

Follow this week's hand and arm stimulation exercise.

Energy Body Bouncing: Arms and Spine (10 Minutes)

Do this week's arm and spine bouncing exercise.

Energy Body Bouncing: Full Body (5 Minutes)

Complete this week's full-body bounce technique.

Daily Tips

Robert: Only a very small percentage of people will feel little or no energy movement sensations during the early exercises. It is usually just a matter of grasping the basic technique and practicing. The only people I have found with major problems feeling energy movement sensations have either had very poor health or have been suffering serious diseases. Therefore, if by

the time you finish this program you are still not feeling energy movement sensations, a full medical checkup with your doctor would be wise.

Brian: Are you continuing to relax thoroughly? Relaxation is one of the most important skills for conscious astral projection. The natural response when something unexpected happens is to tense up, an instinct you must train yourself to overcome. The exit symptoms—a sudden feeling of falling, unexpected and sometimes loud noises, vibrations, or similar energy-related sensations—all have a tendency to make the novice projector (me included) stiffen and thus interrupt the very delicate projection process. Even the exit techniques in Part 2 of the program can provoke muscles to tense if you allow your mental visualizations to translate into physical effort. You've got to become adept at not only becoming relaxed but at maintaining this so that no amount of distraction will break your passive state.

Your Program Notes/Observations

Before Moving On

This week you should have:

- become more proficient at deep physical relaxation;
- grown accustomed to breathing more deeply than normal;
- developed a pretty good idea of how the projection and memory download processes work;
- successfully stimulated the energy in your feet, legs, hands, and arms;
- become comfortable with the leg, arm, spine, and full-body energy bounce techniques.

My alarm woke me at 4:30 a.m. for my OBE routine. Realizing that there would be time to practice later in the morning, I went back to sleep. Right away I started dreaming and woke up again, still half in the dream state. I was lying there when I heard a distinct "click" or at least I felt some kind of inner "click."

My awareness returned to my body. I seemed partially "out" already. I willed myself upward and right away slipped out through my legs and dropped featherlike to the floor near the dresser. I thought, "Thank you," and "I do *have a soul." It occurred to me to be scared but thought, "Hey, I've waited too long to go out of body to be scared now."*

Though the room should have been dark, I could "see" everything fine. I passed the dresser and saw my partial reflection in the wall mirror. I possessed some kind of body with legs, arms, and hands. In reality there's no mirror on that wall, though we have plans to put one there. This was clearly one of the "reality fluctuations" about which I'd read.

I was momentarily surprised to see the bedroom door closed but then I remembered that I'd closed it earlier. 99.9 percent of the time this door is open and it occurred to me later that if this had merely been a dream, I would have likely dreamed of an open door instead of a closed one.

I started to turn the door knob but found myself unable to do so. I thought, "I have to walk through the door." In dreams when I walk through walls and such, there has never been a problem. It's always been like walking through a fog. But this time I felt definite resistance.

Once I made it out of the house, I started flying awkwardly toward downtown. I was there, flying around the buildings, when I bumped into the ceiling. The ceiling? I was momentarily confused until I

realized I was back in my bedroom. And at this new understanding, I suddenly found myself back in my body.

WEEK 3

Mind Taming

What to Expect

- Energy raising: the full-body circuit
- Clearing your mind
  - *Circular exercise*
  - *Spot focus*
  - *Afterimage retention*
  - *Breath awareness*
  - *Color breathing*
- Developing lucid dream objectives
- More breathwork
- *Optional:* BrainWave Generator instructions

By now you should have a pretty good command of stimulating your energy body. The stimulation exercises you have practiced for the past two weeks help loosen up your energy body, removing blockages and strengthening energy pathways. It can be a great spiritual awakening to feel your energy body humming and tingling at the end of one of these sessions. It demonstrates that you are not just a body and intellect, but a spirit too.

Raising and Storing Energy

This week you will learn to raise and store energy. Without enough energy, projection is more difficult. Low energy during a projection can cause movement and perception problems, like feeling too weak to move or too

muddle-headed to think clearly. Low energy projections also often result in vision distortion problems or the inability to see, not to mention complications with the all-important shadow memory download process.

We cannot stress enough how important energy raising is for astral projection. You cannot do too much energy raising. A couple of hours spent with these energy raising techniques can make a huge difference to your OBE efforts, and in many cases mean the difference between success and failure. Under certain conditions, energy raising alone can trigger the vibrations that accompany the OBE exit. Get in the habit of practicing energy raising at every spare moment. Energy raising techniques do not require an altered state of consciousness. They can be done anywhere, even while walking, running, swimming, and so on. (Directions for energy raising are given in Day 15 of this program.)

Underneath our fleshy human exteriors we are all energy beings. The human energy body can be likened to a subtle reflection of the physical body, composed of stable and highly structured etheric matter. This contains within it several different but interdependent energy circuits, including energy storage centers, primary energy centers (major chakras), hundreds of secondary energy centers (small chakras), and areas where energy is exchanged. The main energy exchange areas are the palms of the hands, soles of the feet, lips, mouth, tongue, and genitals.

Each subtle energy body circuit has many different functions on both the biological and energy body levels. All are interconnected and work together to support each other's energy requirements, and all are integral parts of the human energy body as a whole.

The average person normally absorbs only a small amount of the energy and vitality that is available to him or her each day, and this generally reduces with age. Energy is absorbed in many ways: during sleep, eating and drinking and digestion, breathing, exposure to sunlight, touching and sharing with other people, even from our planet and its environment. Your daily energy requirements may increase as you develop and strengthen your

energy body. Until your natural energy flow catches up with this extra demand, a temporary energy deficit can occur. This can result in unusual tiredness and the need for more sleep. This condition always rectifies itself after a few days and is no real cause for concern.

The human energy body has three major storage centers where different qualities of energies are accumulated. First there is the *subnavel storage center,* located midway between the belly button and pubic line two inches inside the average body. This stores raw physical vitality. Next there is the *subheart storage,* located in the center of the chest at the base of the sternum two inches inside the average body. This stores raw emotional energy. Then there is the *subbrow storage center,* located between the eye socket ridges in the center of the brow just inside the skull. This stores raw mental and psychic energy (Figure 4).

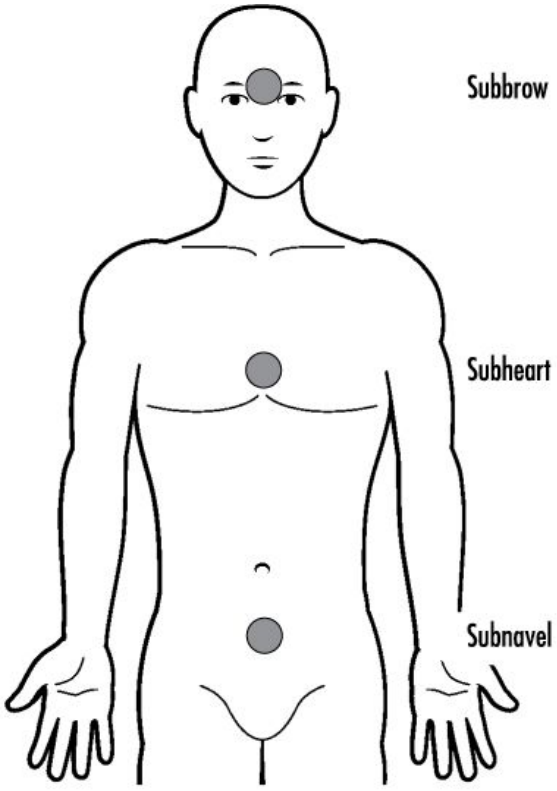

Figure 4. The three major vitality storage centers.

The Taoists (pronounced like “Daoists”) refer to these three storage centers simply as *upper, middle,* and *lower tan tiens.* These correspond to

three different types of energy called the *three treasures: shen* (spirit), *chi* (life force), and *ching* (sexual and body essence energy), respectively. The tan tiens also have cultural names: Palace of Ni Wan (forehead/brain), Crimson Palace (heart), and Yellow Court (navel/belly button), respectively. The latter is at the belly button/navel (the subnavel storage center) and this is of great significance because this is the umbilicus vestige (i.e., where fetal nutrition was received inside the womb).

We try to use Western descriptive terms wherever possible. This makes things relating to the energy body and OBE easier to understand at a glance. The Eastern arts are steeped in culture and language that Westerners often have difficulty understanding.

Of these three storage centers, only the subnavel storage center should be filled with energy storage actions (described in detail on Day 15). Once filled, this overflows "conditioned" energy into the two higher storage areas. It is unwise to force raw energy into the two higher storage areas. The firsthand experience of many volunteers tells us that this can result in emotional, mental, and psychic instability problems.

Raising and storing energy in your subnavel center is one of the things you will be doing this week. It can take weeks or even months of regular energy raising before subnavel storage levels significantly increase because a great deal of energy can be burned up during early development. Raising energy is an essential part of stimulating, developing, and powering the higher functions of the energy body, including out-of-body projection. It is important to make energy raising an integral part of your daily routine.

Clearing Your Mind

So far we have discussed several key ingredients of astral projection. First there is the ability to relax and to remain relaxed throughout the conscious OBE exit process. Then there is the requirement of developing your energy body substructure and raising and storing energy for projection. Now we are

going to cover another vital element of successful wake-induced OBE: silencing internal mental dialogue and holding the mind clear.

Have you ever noticed that little voice in your head that constantly chatters away, making observations, reminding you of things, persistently stating and restating the obvious? It is one of the biggest obstacles preventing novice projectors from inducing a conscious OBE exit.

Internal dialogue (also called *involuntary subvocalization*) and emotional thought engage the brain in such a way that it can prevent the first level of internal projection where the expanded energy body is generated. This is, of course, a necessary precursor to a wake-induced OBE exit. In order to project, you must learn to quiet inner dialogue and relax and focus your thoughts for a sustained period of time.

KEY POINT

You cannot induce a conscious OBE exit without first silencing internal mental dialogue. The mind must be held clear and free of thought and emotion throughout the entire OBE exit process until you are completely out of and away from your physical body.

What exactly does quieting one's inner voice mean? One thing it *does not* mean is shutting down all thought. Mental imagery, body awareness actions, consciously directing your breathing, and visualization can all occur, as long as internal verbal dialogue is silenced. During the OBE exit you must learn to think and act without words. A quiet mind specifically means no word-based chatter. You are trying to promote a relaxed state of mental silence—the way you would be silent while listening for a faint, far-away noise.

At first there is a certain amount of pressure associated with holding your mind quiet. This is because you have been used to using and hearing this inner voice babbling away your entire life. For people who are not used to it, a mind devoid of mental chatter can be lonely and disquieting. It can cause a certain forced, hollow kind of feeling. Holding relaxed mental silence also takes effort and concentration, which adds to the subtle pressure of this quiet state of mind. It may take some time to grow accustomed to

this before you begin relaxing and expanding, but you will grow used to it and come to value it in time.

There are benefits of a quiet mind in addition to OBE preparation. When your mind is quiet you generally are not worrying about anything. You will also find that mental quiet roots you more completely in the moment and makes you more aware of what is transpiring around you. Accomplishing any task with a quiet, focused mind allows you to perform more effectively, whether this be sport, studying, playing a musical instrument, or simply building or repairing something.

As a side note, you may encounter disapproval from others if you use a term like *emptying the mind.* Some people believe that if you empty your mind you open yourself to unsavory influences and even risk possession. This is a mistake caused by taking the term *empty mind* too literally. It simply means to relax and clear the mind of internal dialogue. Silencing the mind is a perfectly natural thing to do. It occurs for long stretches while listening to music, watching television, or daydreaming. It also occurs while relaxing and just prior to falling asleep, even if this is not consciously noticed. Consider babies of prelanguage age who do not know words; their minds are always clear of internal verbal dialogue. A mind disciplined enough to silence its own internal dialogue is thus perfectly safe because it is stronger and more focused and aware than other minds that are incapable of doing the same.

Taming the Mind

There are many approaches to quieting inner dialogue, but they all amount to narrowing concentration to a slender band. Some methods are better than others. For the purposes of this program, it is helpful for the remaining weeks to practice shutting off your inner voice as often as you can. The more frequently you practice quieting your mind, the quicker you will become used to and value the silence. You have already made a start with

this by doing the breath awareness exercise. Take advantage of travel and waiting time to practice wordless mental silence.

Early attempts to force mental quietness can cause tension headaches. If this happens, think of this as a sprained mental muscle and treat the headache as you would normally. Then return to your exercises when you feel better. These exercises are very progressive, as the brain learns quickly to accommodate your needs.

Totally focusing on any physical or mental activity can be used to clear the mind. This includes body awareness actions and focusing attention on the action of breathing.

Physical activity is one simple way to shut down the inner voice. A task as basic as walking is a good time to practice, even if you are only walking to and from your car. As you walk, imagine that you have turned off the inner speaker in your mind. Now watch, listen, smell, and use all your senses to wordlessly observe what is transpiring around you. Do not mentally comment on what you perceive, just take it all in. If you walk the same path every day, see how far you can walk before your mental commentator interrupts the silence. Gauge progress by how far you can walk before the silence is broken.

If the above is too difficult, start with walking and narrating what you see around you. Practice staying in the moment. When you can hold your mind on what is going on around you without daydreaming, then try shutting down your inner mental voice too.

Listening to music or watching television is another way to reduce internal chatter, but it is not advisable to use these for concentration practice. For our purposes, we are trying to clear the mind without the use of artificial props. The BrainWave Generator does not fall into this category. This technology can help get the mind into specific states, but it will not artificially reduce your internal chatter. You must learn to do this on your own. This is one reason why results using any artificial aid are so variable; some people can quiet their minds more easily than others.

Like watching television, visualizations and fantasies can also help suppress inner dialogue. However, with the exceptions of body awareness actions, energy work, mind taming, and the OBE exit techniques described in this book, active visualizations and mental fantasies should be avoided while doing these exercises.

Spontaneous mental imagery is almost inevitable, as these are common side effects of altered states. These will also often appear when you are on the edge of sleep, like vague waking dreams. If your focus wanders during your mind-taming exercises, simply ignore the mental pictures and redirect your concentration back to the exercise at hand. The biggest cause of a wandering mind is fatigue. If this is a problem, taking a short nap prior to your practice session will help, as will catching up on your sleep.

Slowly counting up or down is one good way for beginners to learn to quiet their minds. In this case, one centers concentration on the progression of numbers themselves, gradually extending the silence between each count. As time goes by and students advance, mental counting should be replaced with the mind-taming exercises given this week or with those learned in advance of this program.

Another way of clearing the mind is the use of chanting and mantras, spoken out loud or mentally recited. In time, the sound of chants and mantras become meaningless to the mind; this then helps induce and maintain altered states of consciousness. However, even a nonverbally repeated mantra that has become meaningless to the conscious mind will interfere with a wake-induced OBE exit. You are thus advised to use nonverbal methods throughout this program.

Developing Lucid Dream Objectives

One great side benefit of raising energy, especially if done just prior to sleep, is its power to enhance dreaming, lucid

KEY POINT

The goal of your initial mind-taming exercises should be to go for three minutes or more without being interrupted by any internal verbal dialogue. If you can hold your mind silent for over three minutes, you are

dreaming, and shadow memory recall. Just before going to sleep, having repeated your nightly affirmations, quiet your mind and employ the energy raising techniques you will learn this week. This will enhance your ability to remember your dreams and improve your chances of becoming lucid in them. A spontaneous OBE is also far more likely to occur after raising energy prior to sleep.

close to being able to hold it this way indefinitely. Your initial aim, then, should be to work your way up to the three-minute mark.

A secondary goal of this program is to take advantage of lucid dream techniques and to attempt to convert lucid dreams into out-of-body experiences. Although the exit itself is usually missed during a lucid-dream-to-OBE conversion, it provides excellent OBE experience that keeps motivation high.

A lucid dream shares many similarities with an OBE, even though the dimensional gate passed through to achieve lucid dreaming can be thought of as internal. While this does not work for everyone, lucid dreams can sometimes be converted into real-time OBEs by feeling for the physical body and trying to return to it or near to it.

With a normal lucid dream, full consciousness suddenly returns to you at some point during the course of the dream. You suddenly become aware you are dreaming, effectively waking you up inside the dream environment. You can then take some measure of control over the dream scenario and the course of events.

There are times when lucid dreams can be even more substantial and realistic than OBEs. A powerful lucid dream can also be indistinguishable from real life, even if entered from the full awake state during a wake-induced lucid dream (called *WILD* for short). A lucid dreamer is far more aware of having a physical body than is a projector. Lucid dreamers often experience physical sensations like gravity, texture, temperature, taste, pleasure, and pain— sensations likely generated by the subconscious mind remembering similar experiences. The more powerful the lucid dream, the

more real these remembered sensations become. (The distinctions between lucid dreams and OBEs are covered in Week 9.)

There is more than one way to convert a lucid dream into an out-of-body experience. Traditionally, it has been a three-step process.

Step 1: Become lucid in a dream.

Step 2: Return to your body without waking too fully.

Step 3: Employ an OBE exit technique.

The process of reciting affirmations, doing energy raising, and cultivating shadow memory recall will give you more opportunities for lucid dream exploration than would otherwise occur naturally. The best method for cultivating lucid dreaming is to perform reality checks. A reality check is when you stop yourself periodically during your waking hours and ask yourself if what you are experiencing is "real" or a dream. It can also include simple tests to see if you are dreaming or not, like counting the number of fingers on your hand or trying to levitate or fly. Once you become aware that you are dreaming, you can then take control of your dream.

For this technique to be effective, you must form the habit of doing reality checks frequently. It takes time and perseverance to make reality checking habitual. It will not work until it becomes a matter of routine, but once it's habitual, lucid dreams and even spontaneous OBEs can be experienced frequently, even many times during a single night. Given these rewards, reality checking is well worth the time and effort.

Program yourself to stop what you are doing for a moment in your day-to-day life and test the reality of your situation. This is very quick and simple but must be done many times each day for it to become routine. The reality-checking habit must become a customary response to a frequent real-life event. Every time you do a reality check, look around and ask yourself: Is this situation normal? Do my surroundings look normal? Does my food and

drink taste normal? Can I float, levitate, or fly? Can I pass my hand through solid matter?

The key to effective reality checking is to develop a simple trigger. This must be a frequent action or event that will occur many times each day. The idea is to isolate a simple action or event and then program yourself to do a reality check habitually every time it happens. For example, every time you have a drink during the day, do a reality check. Every time you walk through a door or go up a set of stairs, do a reality check. Set an alarm watch to chime every half hour or so to remind you to do reality checks.

Another way to trigger a lucid dream is to imagine a dream scenario in your head as you are falling asleep. For example, you might use your newly cultivated dream memory to replay a recent dream in your head, but this time, imagine yourself doing a reality check and becoming lucid in the dream. This can be very effective if you have a common dream locale, such as the house in which you grew up. As you fall asleep, imagine yourself at that locale doing a reality check and becoming lucid. Imagine yourself looking around and telling the dream characters in your presence that you are dreaming.

This brings us to step 2, returning to your body without waking up. This can be more than simply reaching out and sensing/feeling for your body. It is more akin to waking up without moving. This is the perfect state to induce an OBE exit: totally relaxed and in a trance (with your mind awake and your body asleep).

One way to return to your body is to command your subconscious mind to do this for you. Make the command “Home, now!” or “Take me to my body!” or similar. This will often do the trick and transport you back into or near to your physical body.

The last step is to employ an OBE exit technique. This can be as simple as imagining yourself floating up and out of your body. Imagine how light and relaxed you are; how perfectly wonderful it would be to float up and out. Do not be surprised if you feel energy movement sensations associated with

an OBE exit (vibrations, rapid heartbeat, falling sensation, etc.). Just relax, keep absolutely still, and hold on to the feeling of yourself floating up and out of your body.

Another slightly less complicated method of converting lucid dreams into OBEs requires simulating the feeling of falling within the dream itself. To use this technique, cross your dream arms across your dream chest once you realize you are dreaming. Relax your dream body, then allow yourself to fall backward as if dropping back onto a bed or into someone's waiting arms. When this method is effective, the dream imagery will usually disappear and you will find yourself falling through a void or through some blurred astral environment. You can then explore from there.

This week's goal is for you to create a lucid dream objective. Write this down in the journaling space of your workbook. Your lucid dream objective is a little drill that you will imagine yourself performing as you go to sleep. Your lucid dream objective is the answer to the following question: If I find myself lucid in a dream, what will I do? You can then be clear on how you will return to your physical body without waking up. For example, this might be to cross your arms, relax, and fall backward in your dream. Your job will then be to imagine your lucid dream objectives at every opportunity, such as during your frequent daily reality checks. The idea is to make this process automatic: to realize that you are dreaming and then respond with your lucid dream objectives. Realization, response. Realization, response. Realization, response.

Breathwork: Cloud Breathing

As with previous weeks, the breathwork this week builds on last week's exercise. Previously, you spent a minute focusing on your breathing without changing it. You steadily began breathing deeper and deeper. After twelve full, deep breaths, you spent another six to twelve breaths gradually decreasing to normal levels. Finally, you took a quiet minute to observe your natural breathing rhythm.

This week you will add cloud breathing to the formula. Now when you take in air, visualize a silvery cloud of sparkling energy going inside you and filling up your being. Imagine that this cloud is alive with vital energy. Try to feel this energy in the pause between inhale and exhale, like a mild sense of electric current in your chest.

When you release the air, imagine a cloud of old, depleted energy coming out of you. You might visualize this as a dark rain cloud or something that resembles cigarette smoke. If you feel uncomfortable imagining dark energy, simply *feel* and *know* that all your tension, worries, and anxieties are leaving you with every exhale.

You can perform cloud breathing the entire way through the breathwork exercise, even in the quiet moments before you change your breathing. If you find this difficult, focus on cloud breathing during the twelve deep breaths in the middle of the exercise.

This sort of focused breathing visualization is also a good way to quiet the mind. Direct all your attention on the count and the energy as it moves into and out of your body. You will be performing a variation of cloud breathing as one of this week's mind taming exercises.

Optional: BrainWave Generator Preset "Week 03: Meditation"

This week's BrainWave Generator preset can be used with your mind-taming meditation exercises or as a separate mind-taming exercise in itself. If you do not intend to use the preset for mind-quieting practice, you should use the preset titled "MAP Week 03: Meditation (No Pulse)." If you wish to use the BrainWave Generator for extra mind-quieting practice, follow the instructions given below.

This week's BrainWave Generator presets assume that you are starting the program from a normal, awake condition. The presets gradually guide you into a meditative state during the first five minutes of listening. If you are

using the BrainWave Generator in conjunction with your daily energy work, we recommend extending meditation practice to at least ten to twenty minutes to get the full benefit of the preset.

This week's presets are quite effective at producing an altered state of consciousness. For this reason you should not use the preset if you are tired or at any risk of falling asleep. Additionally, you should practice while sitting upright in a hard-backed chair to maintain the slight discomfort that helps keep your mind alert. This cannot be stressed enough. You do not want to condition yourself to fall asleep during practice! (And, as always, you should never listen to any of these programs while driving or operating heavy equipment, as they will make you drowsy.)

The Week 3 BrainWave Generator presets last a total of ninety minutes. If you have the time, consider using the meditation program for a long meditation session at least once this week—say, an hour or more.

Using the BrainWave Generator for Stand-Alone Mind-Taming Practice

Several extra mind-taming presets have been included this week:

- Meditation (15-Second Pulse)
- Meditation (30-Second Pulse)
- Meditation (45-Second Pulse)
- Meditation (60-Second Pulse)
- Meditation (90-Second Pulse)
- Meditation (3-Minute Pulse)

The idea with this structure is that you are trying to work your way up to the significant three-minute mark without having internal dialogue break your mental silence.

Begin with the fifteen-second pulse meditation. Sit in a hard-backed chair, close your eyes, and relax. Focus on your breathing and use breath

awareness to hold your mind clear throughout this exercise. Begin listening to the preset.

Every fifteen seconds you will hear a musical tone. When you hear the first tone, mentally count the number "one." When you hear the second tone count "two," and so on. Between the tones, keep all mental chatter quiet. To mark the three-minute point you will hear two extra tones. This will let you know to start the count over at one.

The object is to count all the numbers (twelve) between the three-minute tones for a total of about fifteen minutes (i.e., having heard five three-minute tones) without having internal mental dialogue. The challenges in this exercise can be both internal dialogue and the tendency for your mind to wander. This will be especially true at first. You may count "one," "two," "three," and then suddenly hear the three-minute tone and wonder what happened to the other intervening fifteen-second tones. A hard-backed chair with no head support will help keep you awake enough to hear all the tones.

This preset exercise can be difficult the first few times you try it. If this is a recurring problem, consider keeping your eyes open the first few times you practice it. The more you practice with this, the easier it will become. When you find yourself counting all the numbers between the three-minute marks for an entire fifteen minutes, move from the fifteen-second pulse meditation to the thirty-second pulse meditation. When you master it, move on to the forty-five-second pulse meditation, then the sixty-second pulse meditation, and so on until you can use the three-minute meditation without being interrupted by mental dialogue.

Note: If you use the BrainWave Generator as your primary means of learning mind taming, it may take several weeks before you graduate up to the three-minute meditation preset. Be patient and persistent and you will get there.

In addition to the mind-taming meditation programs, we have also included a preset commonly reported to induce lucid dreams when used just prior to sleep. About a half hour before bedtime, lie down on the floor and

listen to the program “MAP Week 03: Lucid Dreaming” for at least twenty minutes. Lying on the floor provides slight discomfort. Use a pillow for basic head and neck comfort. There is no need to keep the volume too high; you need only have the sound at a comfortable level.

After the BrainWave Generator lucid dream session, go to sleep as soon as possible. For this reason, it is helpful to be a little sleepy when you listen to this particular program. Lying on the ground should help prevent you from falling asleep altogether. Remember to keep your lucid dream objectives in your head as you go to sleep and to keep your notebook handy should you awaken with any lucid dream memories. Be sure to have your dream notepad next to your bed to catch any key words that might later help revive dream memories. If you wake up after having a particularly vivid or interesting dream, write down a few key words immediately to help with your morning dream recall.

Be advised that the “MAP Week 03: Lucid Dreaming” program can also bring on an OBE exit. At the very least, you will likely find your energy body being stimulated. This may feel like a fluttery sort of sensation that extends past the borders of your physical body. If you should feel yourself starting to project, remain relaxed, calm, and at ease. Just clear your mind and go along with the experience.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 3
DAILY PAGES

Raising energy: Raising energy can be done almost anywhere, even during physical activity such as walking, running, swimming, and so on. Our minimum recommended time per day for raising energy is ten minutes, but you can do as much as you'd like. The more time you spend raising energy, the more energy you will have for projection.

Taming the mind: Keeping one's mind clear of internal dialogue may in theory seem easy. In practice it takes a special kind of passive effort that takes time to cultivate. This week you will be introduced to various methods that teach you to still the babbler within. Try each new one as it is introduced, then build on the method that works best for you.

DAY 15

Energy Raising

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Create lucid dream objectives
	Optional: Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 03a: Meditation (15-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Keep your mind clear by listening for the next audible tone. Use breath awareness to help with this.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)

Follow last week's breathing routine, but this week imagine silvery clouds of sparkling energy going into your body on the inhale, and clouds of smoky, depleted energy being released on the exhale.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet and legs, hands and arms with sponging actions before doing the full-body bounce and full-body circuit. Split awareness actions to save time. Prestimulating the feet and hands should now be considered a prerequisite to prepare for an energy work session.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce exercise.

Energy Raising: Full-Body Circuit (10 Minutes)

No physical actions are involved with body awareness techniques. If doing this while sitting, it helps if you straighten your legs out in front of you.

1. Take a moment to settle your awareness at your feet.

2. Now take a deep breath and as you are taking in air, sponge energy up through your legs and back.

3. As your awareness passes where your hands and arms are resting, include them with the energy raising action.

4. Continue sponging energy up your neck to the top of your head. The entire sweep, from feet to the top of your head, should take two or three seconds.

5. Hold your awareness in the top of your head and accumulate it there until the inhale is complete.

6. As the exhale starts, sweep the energy over your face, down through your mouth and throat, and through your chest and stomach. Bring it down your stomach to your subnavel storage center (between your pubic line and belly button two inches inside). Feel the energy flowing into your subnavel center. Imagine and feel that the exhale is forcing energy into your subnavel center.

7. Continue flowing the energy into your subnavel storage area until the exhale is complete.

8. At the end of the exhale, flick awareness back to your feet to get ready for the start of the next inhale. Repeat these steps over and over to settle into a natural rhythm.

Daily Tips

Robert: The "click" effect mentioned in the earlier case history is a very common and noticeable event that can occur during the OBE exit. It signals the moment of separation between the physical body and its projecting double. However, not everyone hears this click and some people only hear it occasionally. When you hear this, even if no other OBE exit symptoms are present, know that you are definitely separating from your physical body at this time. When this happens, stay relaxed and keep your mind clear. Do *not* allow yourself to become excited or you will blow the exit. Focus on your OBE exit technique to move you out and away from your physical body.

Brian: Raising energy may not seem like a very profound technique but it can make all the difference between a successful and a fruitless projection attempt. I noticed a marked difference in the way my energy body responded to OBE exit techniques after I spent significant time on daily energy raising. Suddenly I was feeling "the vibrations" where there had been none before. Energy raising is a powerful tool for advancing your projection efforts.

Your Program Notes/Observations

DAY 16

Mind Taming: Ring Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: The ring (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Keep your mind clear by listening for the next audible tone and using breath awareness. Advance to a preset with a longer tone interval once you have

successfully been able to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)

Follow yesterday's cloud-breathing routine.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet and legs, hands and arms with sponging actions. Split awareness actions to save time.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce from your feet to your hands (if your arms are raised above your head) or from your feet to just above your head (if your arms are at your sides).

Energy Raising: Full-Body Circuit (10 Minutes)

Spend a minimum of ten minutes doing the full-body circuit per yesterday's instructions.

Mind Taming: Ring Technique (10 Minutes)

1. Set up your chair a few feet away from and facing a wall. The room should be adequately lit.

2. Cut out a dozen pieces of paper about the size of your palm or use sticky notes. Number them one through twelve in large, bold numbers.

3. Time how long it takes for you to complete one full, deep breath, from the start of an inhale to the beginning of the next inhale. Write this down.

4. Stick the numbers 1 and 2 on the wall a few inches apart.

5. Clear your mind, take a deep breath, and focus all your attention on the paper labeled "1." Keep your mind clear as you complete one entire deep-breath cycle.

6. If you kept your mind blank during the whole first breath, shift your eyes to the paper labeled “2” and focus on it while starting another deep breath. If internal dialogue interrupts, stop and begin again at 1.

7. Continue taking deep breaths, keeping your mind blank, and focusing first on the number 1 and then on 2. When you accomplish this with a clear mind, stick number 3 on the wall, arranging the numbers in a rough clockwise circle.

8. Repeat the breathing ring starting at 1, going to 2, and then on to 3, and so on, holding your mind blank throughout. Do not advance to the next number if internal dialogue interrupts your mental silence but start over again at number 1 each time it happens.

9. Add numbers one at a time. Continue this exercise until you are able to complete the entire circle of twelve while maintaining a blank state. Note that it may take days or weeks to accomplish this. Keep your goals small in the beginning and gradually raise them.

10. When you finish this exercise each day, multiply the number of seconds it takes to complete one breath with the highest number on the wall. This shows how long you can keep your mind clear, thus measuring your progress.

Daily Tips

Robert: Silencing the surface mind may sound easy but it is definitely not an easy thing to learn. It takes time and practice and lots of patience, but this is an absolute necessity for serious development! In the early stages of mental training, if you can silence your surface mind for more than ten seconds you are doing fairly well. The ability to clear the surface mind is progressive. Take advantage of travel and waiting time and any other time when you are not required to actually think (even while driving) to practice mental silence. The more frequently you do this the faster you will progress. Keep working on this and your original ten seconds of mental

silence will quickly grow into twenty, then thirty, then a minute, then two minutes, then more and more, getting easier all the time.

Brian: If it helps with today's mind-taming exercise, think "Ooonnneee . . . tttwwwooo . . . ttthhhrrreee . . ." and so on as you focus on each number. Discontinue even thinking about the numbers as soon as you can, however, and try to concentrate solely on your breathing. Don't let the numbers themselves distract you either. It helps if you don't actually focus on them but rather gaze at them. If you find yourself getting stuck early (i.e., never getting past the number 1), try closing your eyes and focusing only on your breathing for a few cycles. Then open your eyes and resume the exercise. Remember to blink.

Your Program Notes/Observations

DAY 17

Mind Taming: Ring Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: The ring (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Keep your mind clear by listening for the next audible tone and with breath awareness. Advance to a preset with a longer tone interval once you have successfully

been able to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)

Repeat yesterday's cloud-breathing routine.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce exercise.

Energy Raising: Full-Body Circuit (10 Minutes)

Spend a minimum of ten minutes doing the full-body circuit.

Mind Taming: Ring Technique (10 Minutes)

Repeat yesterday's mind-taming exercise, trying to increase the amount of numbers you can add to the ring.

Daily Tips

Robert: Do not be discouraged if some of these exercises seem difficult when you first try them. Learning anything new can be difficult, like learning to play a musical instrument, but everything gets easier with regular practice. Practicing these skills diligently will save you a great deal of time and effort in the long run. Remember, anything skipped or poorly done will one day stop all forward progress. This will necessitate a return to basics in order to redo what has been skipped before you can continue with more advanced endeavors. Do the best you can with these exercises every day and you will soon find yourself making steady progress.

Brian: I found concentration of this sort very difficult at first. I developed the ring technique in an effort to find a way to gauge my progress without getting distracted. I started off by watching the numbers of an analog clock. I hoped that the second hand might help me keep track of my progress but found that it merely distracted me. Try to make this process as simple as possible. The more you practice, the easier it gets.

Your Program Notes/Observations

DAY 18

Mind Taming: Spot Focus Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: Spot focus (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Advance to a preset with a longer tone interval once you have successfully been able to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)
Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)
Follow this week's cloud-breathing routine.

Energy Body Prestimulation
Stimulate your feet and legs, hands and arms.

Energy Body Bouncing: Full Body (5 Minutes)
Complete the full-body bounce routine.

Energy Raising: Full-Body Circuit (10 Minutes)
Spend a minimum of ten minutes doing the full-body circuit.

Mind Taming: Spot Focus Method (10 Minutes)
Pick a tiny speck or mark on a wall and focus gently but fixedly upon it. Hold your mind clear of all thoughts using breath awareness to hold your surface mind clear. Continue for three minutes or as long as you can.

As an alternative method, hold the tip of a pencil to your finger and press gently until you can feel a tiny point of pressure. Occasionally move your finger slightly to continue making this small point of pressure be felt. Focus on this point of pressure to the exclusion of all else using breath awareness to hold your mind clear of all thoughts.

Daily Tips

Robert: If you concentrate and stare hard, like with the spot focus technique, a harmless optical effect will occasionally cause your vision to darken. Your view will go dark around the edges, getting darker and quickly closing in until you temporarily lose your sight. Ignore this or just blink it away without breaking concentration. Your vision will return to normal as soon as you relax your eyes and blink. Keep your eyes and forehead relaxed and this will not happen as often.

Brian: During either the second or third application of this exercise I experienced the vision-darkening phenomenon to which Robert refers. Even though I had read about it, it was still a little startling if not disconcerting. After about a minute, however, I began to enjoy it. It also had the effect of helping me to narrow my focus even further.

Your Program Notes/Observations

DAY 19

Mind Taming: Afterimage Retention

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: Afterimage retention (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Advance to a preset with a longer tone interval once you have successfully been able to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)

Follow this week's cloud-breathing routine.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce technique.

Energy Raising: Full-Body Circuit (10 Minutes)

Spend a minimum of ten minutes doing the full-body circuit.

Mind Taming: Afterimage Retention (10 Minutes)

1. Sit and relax, calm your mind, and stare fixedly at any gentle light source: the moon, a candle, a low-wattage light bulb, an open window, and so on. Gaze gently but fixedly at the light source for thirty seconds or so without shifting your gaze or changing your focus. Don't focus directly on it, just gaze at it.

2. Use breath awareness to hold your surface mind clear while you do this. After you have done this for more than thirty seconds, close your eyes and then quickly cover them with the palms of your hands, shutting out all light. Hold and follow the glowing afterimage that has been generated in your mind's eye. Keep sight of this for as long as you can.

3. Try to make the afterimage grow and last longer every time. If you use an open window, try to also retain the afterimage of the scenario seen through the window and not just the light, using your imagination to recreate and hold it. (The open window method works best if the room you are in is fairly dim).

4. Manipulating the focus of your eyes behind your closed eyelids will affect this afterimage. Play with this focus until you find what helps retain

afterimages the longest.

5. As an alternative, focus on the texture of an object—say, an orange. After memorizing the texture, hold the afterfeel perception in mind for as long as you can, holding your mind clear with breath awareness.

Daily Tips

Robert: Of course, when practicing the afterimage retention exercise, never look at the sun or any light source bright enough to damage the eyes. Note that these exercises can sometimes cause eyestrain and tension headaches, especially if they are overdone. Treat these as you would normal eyestrain or tension headaches. A slightly more advanced way of doing this exercise is to grow the afterimage of the open window and then feel and imagine yourself moving toward the window, with it growing larger as you do. Then imagine and feel yourself passing through the window. You can build on this by imagining you are exploring the area outside the window. If you do this extra work, it helps if you open and close your eyes a number of times to strengthen the afterimage. You can also use a candle or other gentle light source for his and imagine yourself passing through the afterimage.

Brian: How are you doing with your reality checks? I found them to be most effective when I got into the habit of doing them continuously throughout my waking hours. Using the affirmations at night also had the effect of programming my subconscious to continue reality checking in my dreams. If you have trouble remembering to do this, place a reminder note where you will see it through the day. The classic string-around-your-finger method works well, or use an alarm watch set to beep every half hour—whatever is most effective for you.

Your Program Notes/Observations

DAY 20

Mind Taming: Deep-Breathing Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: Deep breathing (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Advance to a preset with a longer tone interval once you have successfully been able to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)

Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)

Follow this week's cloud-breathing routine.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Body Bouncing: Full Body (5 Minutes)

Complete the full-body bounce routine.

Energy Raising: Full-Body Circuit (10 Minutes)

Spend a minimum of ten minutes doing the full-body circuit.

Mind Taming: Deep-Breathing Technique (10 Minutes)

This method is basically a revision of the breath awareness exercise you practiced during Week 1 of the program, this time with increased effort to shut down your inner thoughts.

1. With your eyes closed, breathe slowly, deeply, and regularly. Focus your entire awareness on the whole detailed action of your breathing.

2. Feel your breath entering and leaving your body. Feel the leading edge of the air entering your nose, moving in through your nasal passages, down your throat, and filling the inside of your lungs.

3. Follow and sense and feel the air passing through the inner parts of your body. Hold your mind totally clear of all surface thoughts while doing this. Your mind must be held as a blank slate. Do not allow any surface thoughts to start up; push them away! Do not count your breaths or imagine anything

with this exercise. Focus your entire attention solely on the flow of air passing in and out of your body.

Daily Tips

Robert: The breath awareness method of mind clearing is ultrasimple but very powerful and effective. Practice until you master the technique, as in time you will find it's all you need to clear your mind and enter trance. Try this as an added extra: sit in a chair in very dim light (even full darkness), perform the relaxation and deep-breathing exercises, and then let your head fall onto your chest. Breathe deeply, slowly, and powerfully. Clear your mind and focus your entire awareness on your breathing. Put some real mental effort into this. Behind closed eyelids, gaze down at your chest and abdomen as you breathe. Wordlessly focusing on this will help keep your mind clear. In the darkness of your gaze, you may see the breathing movement of your chest and stomach as a slightly textured movement in the darkness of your gaze. Next, raise your head, keeping your eyes closed, and, gazing ahead, move your hand past your eyes at arm's length or similar. Turn your hand, spread your fingers, raise your other hand, and so on. You might see this movement. If you do, what you see is body awareness sight, which verges on astral sight. It is the ability to see your body from behind closed eyes or in darkness. This gets stronger with practice and development.

Brian: When I first went through this OBE program, I dreamed I was wandering in the alley behind my house at night. It only occurred to me several days later that I might have been out of my body at the time. When you're examining your own dreams, it can be very easy to overlook the obvious. So as you're logging your dreams, be sure to look for the dreams that might contain fragments of OBE memories, even if they aren't the obvious exit symptoms or flying sensations that you might expect.

Your Program Notes/Observations

DAY 21

Mind Taming: Color Breathing

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Read chapter 4
	Optional: Week 3 BrainWave Generator (20 min.)
	Relaxation: Whole body (5 min.)
	Breathwork: Cloud breathing (5 min.)
	Energy body prestimulation (5 min.)
	Energy body bouncing: Full body (5 min.)
	Energy raising (10 min.)
	Mind taming: Color breathing (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 3 BrainWave Generator lucid dreaming (20 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind is like still water. I find understanding and healing in the silent space between thoughts. I release random thoughts and completely focus my awareness within.
EVENING	Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall lucid dreams as readily as waking life experiences.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 03: Meditation (__-Second Pulse)" (20 Minutes)

Listen to the preset in a hard-backed chair with your eyes closed. Advance to a preset with a longer tone interval once you have successfully been able

to hold your mind quiet for at least five consecutive three-minute intervals.

Relaxation: Entire Body (5 Minutes)
Complete the entire deep physical relaxation exercise.

Breathwork: Cloud Breathing (5 Minutes)
Follow this week's cloud-breathing routine.

Energy Body Prestimulation (5 Minutes)
Stimulate your feet, legs, hands, and arms.

Energy Body Bouncing: Full Body (5 Minutes)
Complete the full-body bounce routine.

Energy Raising: Full-Body Circuit (10 Minutes)
Spend a minimum of ten minutes doing the full-body circuit.

Mind Taming: Color Breathing (10 Minutes)
This technique is a variation of cloud breathing.

1. Start yesterday's deep-breathing method. Imagine your favorite bright color (anything but black or gray) entering your body with the leading edge of the air moving through your nose on the inhale.

2. Imagine this color as if the air you are breathing in were a cloud of sparkling, colored vapor full of life and energy. Imagine a murky cloud of discolored air leaving your body with the leading edge of your exhale as you breathe out—this being tension and waste energy. Concentrate solely on this and hold your mind clear of all thoughts.

3. As an alternative or if you cannot imagine color, imagine your favorite scent instead, or use a real scent to focus upon.

Daily Tips

Robert: If you find leading edge–type breathing too difficult or distracting, focus instead on your chest and stomach rising and falling. To adapt this to

cloud or color breathing, focus your awareness on your chest and stomach and imagine they are filling with color on the inhale. Then on the exhale switch awareness to your mouth and imagine a discolored cloud of waste air leaving your body.

Brian: There are countless ways to keep your mind clear: listen to the ringing in your ears or a clock ticking, look at the back of your eyelids, remember faces of people you know, anticipate something touching your forehead, study a flickering candle, remember favorite smells, listen to yourself chanting "Ommm," wordlessly remember the furniture placement in your house or what your backyard looks like from different perspectives, bring back a wonderful memory, study a piece of art or something beautiful, or simply listen to the sound of silence.

Your Program Notes/Observations

Before Moving On

This week you should have:

- grown accustomed to raising energy;
- practiced quieting your mind;
- continued to do reality checks during your waking hours;
- developed lucid dream objectives;
- continued to hone your abilities to relax and stimulate your energy body.

I've only been doing energy work for about two weeks. Last night I was listening to music with the lights off before bedtime and after ten minutes I felt tingling in the soles of my feet and figured this was energy movement. I did some of the energy exercises and felt the "rushing water" going through my legs and managed to extend the feeling up to my hip and through my side to the shoulder where it "joined up" with the energy from my palms. I noticed that the intensity in my right side was significantly stronger than my left.

I messed around with these feelings, doing more energy body stimulation. Eventually, I settled down and noticed my body becoming much less responsive until I was in a paralysis state. It felt like my whole "being" was in my mind. The music seemed to emanate from my head rather than the speakers. I felt the music pulse around inside my head.

Rather than resist, I just went with it. After a little while I got some vibrations in my head, just about where the brow center is located between and above the eyes.

These vibrations quickly spread to my whole body—intense, small, extremely fast waves. A "tunnel" appeared in my vision (all this time my eyes were closed); I can't explain it any further. It had no physical image but I could see it was a tunnel and I felt my mind being pulled from my body and through the tunnel.

I felt myself detaching and then recoiling from the strange feeling, falling back into more conscious thought. From there it sort of mellowed to feelings of energy movement until I turned the music off and went to bed.

I guess it took me by surprise because I wasn't expecting anything like it.

WEEK 4

Primary Centers and Their OBE Connection

What to Expect

- Raising energy before bedtime
- Primary center stimulation
  - *Base center*
  - *Navel center*
  - *Solar plexus center*
  - *Heart center*
  - *Throat center*
  - *Brow center*
  - *Crown center*
- Primary center stimulation notes
- Overcoming energy side effects
- Rousing dormant primary centers
- Additional body awareness actions
- More breathwork
- *Optional:* BrainWave Generator instructions

Raising Energy Before Bedtime

It is Week 4 and you have good reason to be proud of yourself. You have come far. You have learned how to stimulate your energy body and have

worked at removing blockages. You are becoming proficient at deep physical relaxation and at clearing and quieting your mind. You are also becoming more skilled at raising and storing energy. This work is key to increasing the amount of energy you have available for OBE-related work. This week you are going to learn more about energy work, including primary center stimulation work.

One of the challenges of this program can be finding time to practice. One way to make better use of your time is to combine energy raising with other daily routines, such as doing the full-body circuit while also quieting your mind.

You can also raise energy after repeating your nightly affirmations. This has many side benefits, as it increases the amount of available energy for OBEs, lucid dreams, and shadow memory recall. Practicing a little energy raising at bedtime will also help you relax and clear your mind, promoting better sleep. Ten to twenty minutes of energy raising at bedtime is ideal; any more and you risk becoming so energized that falling asleep becomes difficult.

Another word about OBEs and sleep: there is anecdotal evidence suggesting that sleeping on one's back promotes an OBE better than other positions. However, some people find this position uncomfortable or that it causes them to snore. Many have simply gotten out of the habit of sleeping on their backs. If possible, try spending progressively longer periods of time sleeping on your back. You can start by trying to fall asleep on your back or by rolling over and sleeping on your back in the middle of the night. Propping yourself up on extra pillows may help. It may take a few weeks before you become accustomed to this position, but benefits may come in the form of more frequent spontaneous OBEs.

Primary Center Stimulation

Another key way to condition and empower yourself for projection is to stimulate your primary energy centers (also called *major chakras*) directly.

So far you have worked extensively on stimulating the secondary energy body circuit (the supporting energy centers) and the tertiary circuit (energy exchange ports). You have also practiced raising and storing energy in your subnavel storage center. Now you will learn about the primary energy centers (major chakras) in more detail to prepare for primary center stimulation work.

The primary energy centers are the major subtle organs of the energy body. They are always active, though normal levels of activity cause no perceptible energy-related sensations. Just as the physical body stores fat and converts it to energy as needed, so primary centers take what is required from storage centers and the environment and direct it where it is needed. During an OBE, the entire energy body—including the primary centers—becomes extremely active and provides energy for the generation, projection, and maintenance of the projected double. The more you develop and become adept at stimulating and activating your primary centers, the more energy you will have available for projection.

Other than the crown and brow centers, which are directly attached to parts of the brain, primary energy centers have their roots within the spinal cord. These are also attached to or energetically related to major organs, glands, and nerve ganglia. Primary centers are all linked together as well as being interconnected with the whole of the energy body. The energy body's supporting circuitry feeds the primary centers and disperses energy to where it is needed. The whole structure of the human energy body is every bit as complex as the human brain and nervous system with which it is intimately related.

Many types of raw energies are collected through the energy exchange ports and channeled throughout the secondary system to be conditioned. These energies are then used for mental, psychic, emotional, and biological life processes, fed into storage areas, or channeled into primary energy centers. Primary centers then transform these into energies as required by the energy body's constantly changing demands.

Mapping and Stimulating Primary Energy Centers

For our purposes, primary energy centers are best thought of as circular energy vortexes, most of which are roughly the size of the palm of your hand, positioned at various places along your head and torso. The primary centers consist of the base, genital, navel, solar plexus, heart, throat, brow, and crown centers (Figure 5). You may have noticed the above count adds up to eight and not seven. This is because there is some controversy between traditional Eastern and Western authorities concerning the number and placement of the major chakras.

According to the Hindu science of tantra, the solar plexus area does not contain a major chakra, but the genital area does. According to most Western authorities, the genital area does not contain a major chakra, but the solar plexus area does. It is possible that Western occult and spiritual writers of the nineteenth century dropped the genital chakra because of the extreme modesty of the times, but needed to make up the seven and so adopted the solar plexus as a logical replacement.

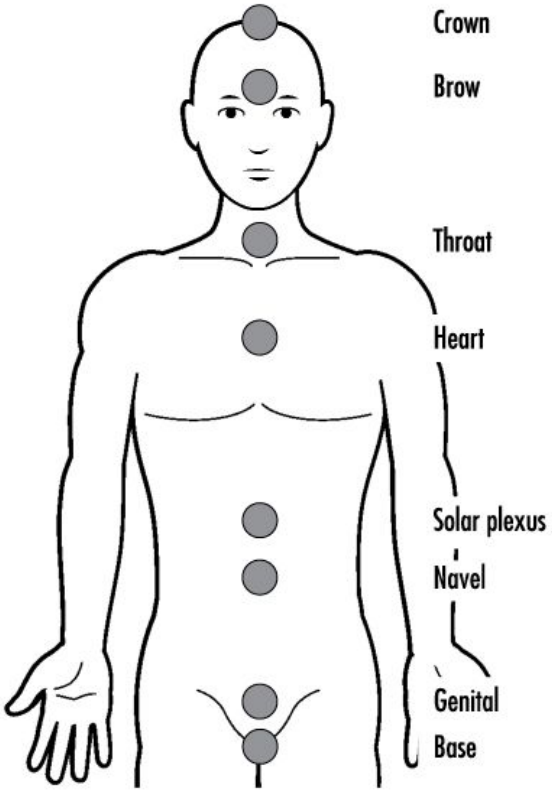

Figure 5. The primary energy centers.

Regardless of this, there are definitely large and sensitive energy structures at both of these sites. They both feel and behave like other primary centers when stimulated into activity. Therefore, we think both should be treated as primary energy centers. We cannot please everyone, so let's just call these areas *primary centers* rather than *major chakras* or *psychic centers* and hopefully sidestep the debate.

Base Center

The base center has its roots in the base of the spine, but the center of its external vortex is best thought of as flowering between the anus and the genitals. This is the area on which you should focus for base center stimulation. It may seem as if this would be difficult to stimulate because of its location, but in practice it is quite easy once you pinpoint it with body awareness. This will often cause a buzzing kind of ache and/or pressure and

throbbing. This buzzing ache will often continue for many hours, even days, after stimulation sessions, especially during early development.

Because of the base center's proximity to the genitals, energy sensations may intrude into the genital area and cause erotic stimulation. This will not usually cause any problems, as long as body awareness is not allowed to focus and become locked into this area.

Of all the primary centers, the base center is the most important primary center to stimulate during early development. The base is covered with several filters or webs, which progressively dissolve with long-term use. Like a blocked pipe, energy may not flow strongly enough into the higher centers for OBE-related functioning unless the base center is sufficiently activated. Unless noticeable throbbing sensations are felt in the base right away, spend more time on this than on any other primary center.

Genital Center

The genital center resides in the center point of the genitals (the base of the penis or clitoris), spreading out to about the size of the palm of your hand and a few inches inside the body. Naturally, this is heavily involved with sexual functioning. Body awareness actions on this center will cause erotic stimulation. This is a hindrance to energy work, as the focal point of body awareness can easily become stuck in this area, making further energy work during that session impossible.

For our purposes, it is best not to stimulate the genital center at all. If you want to experiment, however, do it only very lightly and stop if it causes problems. Do not be too concerned if you occasionally feel mild erotic sensations therein, even when it has not been directly stimulated. This will happen now and again and will not usually cause serious difficulties. When this does occur, the solution is to use your concentration skills to shift your point of body awareness firmly to the next primary center.

Navel Center

The middle of the navel center is located in the belly button and is roughly double the size of other primary centers. Often when this site is stimulated, it will also cause a throbbing sensation in the solar plexus above it. In general, activating the navel center will cause a comfortably warm throbbing and pulsing in the stomach. A fluttering, bubbling, windlike feeling of movement inside the stomach may also often be felt. This odd bubbling may be related to the workings of the subnavel storage center that, although a separate energy organ, is also connected to the workings of all primary centers. All parts of the energy body are interconnected.

Solar Plexus Center

The middle of the solar plexus center resides at the center point of your torso: between your stomach and your chest where your diaphragm extends below your ribcage. When activated, this can cause feelings of pressure and tension and the sense that you are not getting enough oxygen. Breathe slowly and deeply and this sensation will usually pass fairly quickly. Reduce the amount of time spent stimulating this area if it becomes a problem, especially during OBE attempts. This uneasy feeling usually reduces significantly after several days of practice.

Heart Center

The middle of the heart center resides at the center point of the chest in the heart. When stimulated, this, too, can cause sensations to occur in the solar plexus. Heart center sensations can be quite visceral and difficult to ignore. When activated, heart center activity feels like a throbbing in the flesh and ribs on the surface of the chest, much like the heavy heartbeat you get after exertion.

Heavy heart center sensations often, but not always, occur as a precursor to the OBE exit. The physical heart can feel like it is racing, sometimes at an impossible rate. This can be frightening and will easily ruin otherwise successful OBE exits. However, as much as this feels exactly like it, heart center activity does *not* involve the actual physical heart. Your heart will not

be physically racing but rather your heart center will be working overtime to provide the energy required to generate and exteriorize your astral double.

Please trust us here. A racing heart center will *not* hurt or damage you in any way, but it can take time and an act of faith to get past this sensation during an OBE exit. A racing physical heart has never ever been detected in any sleep lab or OBE research studies, even when the resulting evidence suggests that OBEs have indeed occurred.

Throat Center

The throat center sits at the base of the throat where it joins your chest. When active, the pressure and throbbing from this center can sometimes cause uncomfortable choking sensations, shortness of breath, and even an urge to gag. Body awareness actions alone can cause these sensations, probably as a result of the sensitive area in which this center resides. These are mainly felt during early successful stimulation attempts and, if you persevere, they will gradually ease off in time. If uncomfortable sensations continue to disrupt development routines, reduce the amount of time spent on this center.

Brow Center

The brow center, often referred to as the third eye, resides in the middle of the forehead just above and between the eyebrow ridges. This center is associated with most psychic and paranormal abilities, including OBEs and astral sight. When this becomes activated, light pulsing and a localized pressure will usually be felt in the middle of the forehead. A band of light pressure across the forehead, or even around the circumference or the whole top of the head, is also quite common.

Crown Center

The crown center, located in the middle of the top of the head, is larger than the other primary centers, covering the whole top of the head above the

hairline. Stimulation exercises should therefore reflect this greater size. All energy centers, primary and secondary, are connected with and represented in the crown center. The crown center can be likened to the central brain of the energy body. This bears the same relationship with the energy body as does the physical brain with its physical body.

Primary Center Stimulation Notes

It is important to establish a reasonable level of proficiency working with the secondary energy circuit (the energy structures you have been stimulating thus far in the program) before moving on to primary center work. If you are still experiencing very heavy energy movement sensations, consider repeating the detailed stimulation exercise (see Day 14) until these have reduced before moving on with this program. However, if you want to continue regardless, we suggest you approach primary center stimulation with care.

Working with the secondary energy circuit prepares your energy body and makes it more robust and responsive, while generally increasing your control over energy flow. This will also help avoid a host of potential problems and uncomfortable side effects when you move on to heavier primary center work.

Like stimulating the secondary energy body, during primary center work you may also feel a variety of weird energy sensations—both spontaneous and resulting from direct stimulation. The most frequent primary center energy sensations include buzzing, tingling, throbbing, pulsing, and/or fluttering. Other feelings include localized hot and cold sensations, cramping, tightness, heaviness, and pressure. Very active primary centers can affect nerves and surrounding muscles in unusual ways, causing localized muscular twitching and spasming. Significant primary center activity can usually be felt by touching the area with the fingertips, showing that these are not just imaginary sensations.

Ideally, active primary centers produce noticeable but pleasant localized throbbing and pulsing sensations with a light feeling of pressure. The speed and heaviness of pulsing will vary according to the center being worked on and the energy demands placed upon it. As a general rule, should the activity of any primary center cause unusual discomfort, reduce stimulation or skip it entirely until this eases.

You will notice that some form of secondary energy workout is always scheduled before primary center work. This is by design an energy body warm-up, like stretching before a workout.

In the beginning, a primary center session may take a half hour or more. The actual amount of time needed will vary according to the response of each primary center. Once a center starts to stiffen, cramp, throb, pulse, buzz, tingle, bubble, or feel warm or cool, consider it active and continue on to the next center. After you become accustomed to the techniques, primary center work takes far less time.

Overcoming Energy Stimulation Side Effects

We would like to reiterate that most people undertaking primary center energy work will experience only mild sensations in their primary centers. Light sensations are fine for the purposes of normal energy work and OBE training and practice. However, everyone is different and some people have more sensitive energy bodies than others. Because of this, the following sections focus on the most common problems that can arise and what can be done to reduce excessive primary center activity.

Although many peculiar side effects can result from primary center work, the exercises herein are all reasonably safe. Complications can be overcome quickly with no harm done, as long as they are recognized early and handled with common sense. Serious problems are rare and generally result from overly focusing on one of the higher centers.

The energy body and its centers are intimately connected with the functioning of the physical body, so what affects one can affect the other. For example, if you spend a half hour stimulating your brow center and only five minutes each on the others, this can cause an imbalance that can result in some well-known side effects, including psychic and mental imbalance, strong head pressures, localized pain and tension headaches, and so on. In the same way, focusing too much on the heart center can cause emotional problems, including increased emotional sensitivity, mood swings, and so on. Yet these types of problems are usually of a temporary nature, as long as common sense is applied.

If primary center overactivity becomes a continual problem, drop all primary center work and focus solely on secondary energy work. Logically, your energy body is already active and sensitive enough to provide you with ample energy during OBE attempts, with no primary center stimulation being necessary.

Brow and Crown Center Pressure and Pain

During the early stages of development, brow and crown center activity can be uncomfortable, even painful at times. Uncomfortable brow and crown pressures are fairly common symptoms of early development when these centers are coming out of dormancy. Not everyone will experience this, and the intensity will vary from person to person. This will also not occur during every stimulation session. While you should not expect anything uncomfortable, it is best to be aware of these possibilities.

These pressure sensations are like growing pains. They can be quite intense at times, even painful, but are no cause for alarm. For example, a point of intense pressure, as if someone were pressing a thumb very hard into the middle of your forehead, is common. A tight band of pressure around the circumference of the head at brow level is another common symptom. Imagine tying a wide leather belt around your head and then tightening this with a stick until you can bear no more pressure and you have the general idea.

Brow and crown center discomfort will not damage you, but may cause tension headaches that last for some time. If headaches result, treat these as you would normally.

Cobwebs

Stimulating the brow and/or crown centers will cause supporting energy structures in the face to activate. This is a very sensitive area and some unusual sensations can manifest. While these are rarely intense enough to be painful, they can be a little uncomfortable at times. This is called the *cobweb* sensation.

Cobweblike tinkling, tingling, and stinging sensations can be felt in the facial area. These may start at any time, even during relaxation exercises or as a direct result of brow center stimulation (anything that causes increased energy flow). It can feel like mosquitoes are crawling all over your face, with some of them stinging and feeding. On the other hand, you may get only a few minor tickling or stinging areas. This is hard to ascertain, as everyone is different. The majority of people will get at least some minor cobweb sensations during energy work sessions, especially if this is done in a deeply relaxed or trance state.

It is likely that energy flowing through supporting structures in the facial area overstimulates nerves therein, causing cobweb sensations. The best way to handle cobweb sensations is to ignore them. Use this as a test of willpower. Try to resist the urge to scratch as this will break your concentration and disturb your relaxed state. Scratching also seems to disrupt energy flow through the facial area, which tends to reduce brow and crown center activity. Check your room for insects before each session, as this eliminates that possibility.

Reducing Primary Center Activity

Contrary to popular belief, it is unnecessary to close or deactivate primary centers after stimulation. Any attempts to do so, such as reversing the body awareness or visualization techniques used to stimulate them, will only

cause further stimulation. Primary centers are not little doors that can be opened and closed with a little visualization and some good intentions. They will normally begin deactivating naturally the moment you break your relaxed state. All sensations should cease within a few minutes. In cases where strong or uncomfortable sensations continue long after a stimulation session, the following are some ways to reduce activity:

- Avoid focusing body awareness on the primary centers in question.
- Spend some time sponging energy *down* your legs and arms instead of up.
- Take a nap.
- Perform physical exercise such as walking, jogging, swimming, etc.
- Take a cold shower.
- Lie on the ground and feel and imagine energy draining away.
- Eat lots of heavy food, especially protein (short-term solution).
- Avoid energy work and meditation until sensations ease.

Body-Rush Sensations

It is not uncommon to experience occasional tingling, adrenalinelike rushes up through the body, especially through the back, when doing secondary or primary center development. (Uplifting music and prose can also cause such tingling energy rushes.) Many things, including energy-raising efforts that release significant blockages, can trigger surges through the energy body.

These tingling energy waves can be quite strong, even breathtaking at times, but are perfectly normal. However, if these become unusually strong or painful, you should stop and take a break. If the same thing happens every time, stop primary center work and substitute the secondary energy exercise given on Day 14 in lieu of the primary center exercises in the weeks to come. Try a session of light primary center work every couple of

days and see how it feels. When sensations drop to comfortable levels, resume light primary center work, being careful not to overdo stimulation.

Premature Kundalini Raising

Kundalini is the Eastern term for the ultimate energy body phenomenon. If kundalini awakens spontaneously, it will usually first cause kundalini "spikes" before actually rising. These are intense, tingling, and burning electrical sensations that shoot straight up the spine.

Do not confuse these symptoms with normal, adrenalinelike energy rushes that can pulse up through your back, as associated with normal levels of energy work. Spontaneous kundalini rising is rare and thus not something to be overly concerned about. It usually takes many years of intensive mental preparation, energy work, and spiritual practice before one can even begin to think about raising kundalini.

The most common warning you will receive about primary center work is that it can cause unusually strong and persistent sexual arousal. Experience tells us that while this definitely can occur, it is a rare problem. This is most likely to occur during deliberate attempts to raise kundalini and not just from normal levels of energy work as given herein. The root of this problem is body awareness becoming unusually locked into the genital primary center, which will cause strong erotic stimulation. The primary center deactivation methods above will help, but heavy and exhausting physical exercise is the best solution we have found so far, as this drains the body of energy. All primary center stimulation should of course be avoided if this becomes a serious recurring problem.

If you suspect that you might be feeling premature kundalini activity as a result of primary center stimulation, you should stick to secondary energy body stimulation throughout the remainder of this program. If, having refrained from primary center stimulation you still feel the symptoms, take a break from all energy work and concentrate on physical world matters until you feel completely normal again.

Normal levels of energy work and OBE practice will at times cause erotic stimulation. OBE exit attempts can also, in some rare cases, cause rushes of energy through the genital center and strong erotic sensations, even spontaneous orgasm. However, this is rare and as long as strong arousal does not continue overlong, it will not cause too many problems. If sexual arousal during energy work and OBE exit attempts is a problem, spending more time on secondary energy work will, in time, usually overcome this problem.

When kundalini actually rises in full, a powerful, internal, snakelike energy movement will be experienced viscerally moving up through the torso, from base to crown, with three and a half clockwise coils. It feels like an actual physical snake as thick as your wrist is moving up through your body. This can be quite painful, especially the first time it happens. A powerful spontaneous OBE will also usually occur if kundalini rises.

Contrary to popular belief, kundalini is not a raise-once-and-it-is-raised-forever kind of thing. The raised kundalini state only exists for as long as energy resources allow it to exist. This is usually for only a few minutes each time during early kundalini raising sessions. Also contrary to popular belief, the first raising of kundalini does not bring full and instant enlightenment. It first brings a basic level of abstract enlightenment where you suddenly find that you know a lot of things that you cannot put into words. The enlightenment process—finding the words to express the abstracts—is slow and staggered, requiring many years of further development.

The Strobe Effect

One possible result of primary center development, especially the brow and crown, is the occurrence of powerful flashes of bright white light seen from behind one's closed eyelids. This is usually accompanied by a slight feeling of concussion over the whole face, which shows the involvement of the facial energy support structure of the brow center. The visual effect—what

might seem like a powerful camera flash going off at close range—is the reason for the name of this phenomenon: *the strobe effect.*

The strobe effect is a natural result of energy body development. It simply means the brow center is better developed than average. This will not cause any harm and is an excellent sign, especially if you are interested in higher psychic development. The strobe effect also occurs when kundalini rises through the brow center, but this can occur separately so does not in itself indicate kundalini activity.

The strobe effect can be startling if you are not expecting it and even frightening if you do not know what is happening. It is caused by a fully active brow center strobing and flaring upward into the crown center, much like a capacitor releasing energy. This indicates the presence of strong psychic and clairvoyant abilities, even if dormant and unrealized at the time.

Rousing Dormant Primary Centers

While you may feel activity in some primary centers right away, others may lay dormant, even after intensive stimulation. The secondary and tertiary structures of the energy body play a significant part in primary center activity. If your primary centers are unresponsive, try reviewing the energy routines given on Day 14. You should not stop regular secondary work just because you are working on primary centers.

It is rare not to have any primary center response at all with direct body awareness stimulation. Often, it is simply a matter of spending more time on primary center stimulation. The most important is the base center. If, having gone through the entire primary circuit, no response is felt, spend a little more time stimulating your base center.

If primary centers do not respond at all, going on a healthy, low-fat, low-protein or vegetarian diet for a couple of weeks can make all the difference, as can various forms of fasting. Also, increasing your daily physical exercise will help, especially if you have a sedentary lifestyle. If all else

fails, spend more time working on the secondary system via the energy body stimulation exercises of Day 14. You may simply need more preparation with the secondary system before your primary circuit begins to respond.

Final Word on Primary Center Stimulation

Anyone with a history of mental and/or emotional problems should approach any kind of energy body development work, especially primary circuit work, with caution. If in doubt, please consult a qualified psychotherapist or medical doctor for his or her opinion. We suggest that only the secondary system be practiced until such a time that it is felt that primary center work can be undertaken with confidence. This same caution applies to using audio CDs and tapes and the BrainWave Generator presets.

If the energy work routines in this program are practiced in the specified sequence, not overdone, and all cautions heeded with a little common sense, your development can be safely and naturally cultivated one step at a time. Sensible energy body development will help balance your energy body, which has strong self-healing side effects.

Additional Body Awareness Actions

In addition to brushing, stirring, and sponging awareness actions, you need to add two more body awareness actions to your repertoire for primary center stimulation:

Wrapping action: Move your point of awareness around the targeted area, joint, or limb, as if continually wrapping an imaginary bandage around it.

Tearing action: Use imaginary hands in a tearing action. Imagine you are holding a small bread roll or donut on your skin or just under it and are repeatedly tearing it apart with imaginary awareness hands over and

over. This action is mainly used on primary energy centers, but can also be used for stimulating secondary centers.

Breathwork: Expanding the Breath

The format for this week's breathwork remains basically the same: normal breathing for a minute, then increasing the breath, deep breathing, decreasing the breath, and then a minute of normal breathing observation.

Last week you learned to use breathing to clear your mind and to inhale energy. This week you will refine the technique even more. Perform the same exercise as before, but this time pay attention to the air as it moves into and out of your body. The idea is to focus on filling up your body from top to bottom on the inhale, and on emptying your body from bottom to top on the exhale.

On the inhale, imagine a silvery cloud of energized air filling up the top of your lungs and expanding out to your shoulders. Concentrate on the vibrant air as it fills your lungs. Feel your chest expanding. Feel the air filling and expanding your belly.

On the exhale, reverse the action. Contract your belly as the air passes out. Feel your lungs empty from bottom to top. Feel the dark, depleted air exit your body.

This technique can be a little tricky the first time you use it, but it gets easier with practice. It can help if you imagine yourself wearing a zippered jacket a few sizes too small. As you breathe in, imagine the zipper lowering and your body expanding as the tight-fitting jacket opens. The zipper slides down from top to bottom as your chest and belly expand. The zipper then slides up and the jacket tightens, pushing the air out of your stomach and chest as they contract.

Do not force this breathing. If you do, you may find yourself taking quick and shallow breaths in between the deep breaths. If this occurs, don't try so

hard. Scale back how much air you take in. With time and practice, your air capacity will expand and you will find a natural rhythm.

Optional: BrainWave Generator Preset "Week 04: Meditation (Primary Center Stimulation)"

This week use the BrainWave Generator preset at the beginning of the relaxation exercise and continue to use it throughout the primary center stimulation routine. Like last week, this week's preset assumes you are beginning the program from a normal, awake state. The preset guides you to a relaxed, meditative state of consciousness within five minutes. The preset lasts ninety minutes, so you can take your time with the energy stimulation exercises.

Like last week, we have included a preset to promote lucid dreaming: "MAP Week 04: Lucid Dreaming." Listen to it before bedtime for around twenty minutes and, when it is complete, go to sleep shortly thereafter. Keep that notepad handy!

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 4
DAILY PAGES

Primary center stimulation: The primary centers are your body's bioenergy link with your expanded energy body and projected double. Think of these as gateways to other dimensions. By learning to stimulate them, you are directly exciting the mechanisms that make OBEs possible. This week's exercises will help you develop them further in anticipation of OBE exit attempts you'll begin in Part 2 of the program. Primary center stimulation can also be thought of as a warm-up that prepares your energy body for projection.

DAY 22

Primary Center Stimulation: Base Center Only

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (base only) (5 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 30 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise and listen throughout your energy work. Alternatively, if you'd like to get more practice with the pulsed meditation exercises from last week, start a few minutes early and see how many three-minute intervals you can get through without being interrupted by internal dialogue.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

This week when you practice your breathing routine, concentrate on filling up first your chest, then your belly during each inhale. Then during each exhale focus on emptying first your belly, then your chest.

Mind Taming (5 Minutes)

Spend five minutes practicing quieting your mind. Use breath awareness and/or the technique that works best for you.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: Base Only (5 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. (The base center is located between the anus and genitals.)

2. After several upward leg sweeps, use the stirring, then brushing, then tearing actions on the base center (one at a time). You'll know when it's active, as it will tingle, throb, or feel heavy with localized pressure. (For a full list of typical primary center sensations, review the relevant section above.)

3. Continue stimulation for several minutes, alternating base center stimulation actions with energy-raising upward leg sweeps. It should take about five minutes for this first session.

Daily Tips

Robert: The base center is the most important primary center to stimulate during early exercises. I suggest that more time be spent on the base center than on any other, unless noticeable energy movement sensations are felt at the start. However, an apparently inactive base center will not completely stop the activation of higher centers, as energy will pass through to higher centers via the secondary system.

Brian: Take your time with the primary center stimulation exercise. The ability to feel energy movement varies at first. I felt each primary center lightly activate when I was just casually reading about them. But when I actually went through the exercise I wasn't as happy with the results. To put too much effort into the routine is to risk getting in the way of yourself. Primary center stimulation is like having a conversation: don't just talk, also *listen.* Stimulate each center for a minute or two, then pause and try to feel the humming and tingling sensation before resuming the rest of the exercise.

Your Program Notes/Observations

DAY 23

Primary Center Stimulation: Base + Navel Centers

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (base + navel) (10 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 35 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

This week when you practice your breathing routine, concentrate on filling up first your chest, then your belly on the inhale. On the exhale focus on emptying first your belly, then your chest.

Mind Taming (5 Minutes)

Spend at least five minutes quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: Base + Navel Centers Only (10 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Repeat using a deep sponging action: through your feet, up through both legs, then to the base center.

2. After several upward leg sweeps, use the stirring, then brushing, then tearing actions one at a time to stimulate the base center.

3. While sweeping energy to the base center, smoothly take the energy up through the base center (sponging energy through, around, or under the genital center) and on up to the navel center (located at the belly button). (If

taking energy up through the genital center causes sexual arousal, avoid this center entirely by taking the energy inside the body and under it.)

4. Raise and sponge energy from your feet to the base center again. Smoothly take energy upward through the base, under the genital center, and on up to the navel center.

5. Stimulate the navel center with the three stimulation actions: stirring, brushing, and tearing. The navel center is larger than the other lower centers. The size of the area worked on should be about double the size of the palm of your hand for the best effect. Continue stimulation for several minutes or until energy sensations are felt. Spend no more than ten minutes total on stimulating these primary centers today.

Daily Tips

Robert: I recommend that the genital center be not stimulated or used at all. This center is extremely sensitive and can cause many problems. It is intimately linked with the powerful sexual energy structures within the groin and genitals of both males and females. If this center is activated, even accidentally, it can create conditions that can make it difficult to continue further development exercises at that time, for obvious reasons. However, do not worry if you occasionally feel some erotic sensations coming from this center during these exercises. Sometimes this cannot be avoided and it will not usually interfere with further primary center work at that time nor cause any serious or ongoing problems.

Brian: The suggestion not to stimulate the genital center is sound advice. The first time I felt the pre-OBE exit "vibrations," I was completely unprepared for them. The feeling resembled someone suddenly turning on a light switch. It felt like a current of electricity was running up and down my body. The first few times this happened my immediate—and completely unexpected—reaction was to become aroused. That's why, in this particular exercise, I simply skip the genital center altogether.

Your Program Notes/Observations

DAY 24

Primary Center Stimulation: Previous Centers + Solar Plexus Center

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (+ solar plexus) (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 40 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

Follow yesterday's breathing routine.

Mind Taming (5 Minutes)

Spend at least five minutes practicing quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit. The full-body circuit is important, effective, and versatile. Please do not skimp on this exercise.

Primary Center Stimulation: Previous Centers + Solar Plexus Center (15 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Stimulate the base center using stirring, brushing, and tearing body awareness actions.

2. Sponge energy from your feet to your base center, smoothly take the energy past your genital center, and on up to the navel center. Stimulate the navel center with the three awareness actions.

3. Raise and sponge energy from your feet to your base center, past your genital center to your navel center, and smoothly on up to your solar plexus stimulation site. The area to stimulate is about the size of the palm of your hand. Stimulate the solar plexus site with the stirring, brushing, and tearing

awareness actions. Continue stimulation for several minutes or until noticeable energy sensations are felt. Spend no more than fifteen minutes total on stimulating your primary centers today.

Daily Tips

Robert: In the beginning, you may have to spend several minutes or longer stimulating each primary center. You may also find in the early stages that some primary centers seem not to respond well or at all. This is normal. However, it is unusual to find persons with no primary center response, especially if they have worked successfully with the secondary system. As with the secondaries, primary centers become progressively more awareness-sensitive and hence easier to stimulate.

Brian: The solar plexus center, because it's so large, can be very powerful once you get it going. Don't be tempted to keep stimulating it once you feel the energy sensations begin. This week the primary emphasis should be on memorizing each step of the exercise. That's why only one new primary center is introduced each day. Once you get more experience with the process and get to know your own particular sensitivity, you'll have a better sense of how long to spend on each primary center and which awareness actions are most effective.

Your Program Notes/Observations

DAY 25

Primary Center Stimulation: Previous Centers + Heart Center

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (+ heart) (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 45 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

Complete this week's breathing routine.

Mind Taming (5 Minutes)

Spend at least five minutes practicing quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit. This is the mainstay of your energy body development.

Primary Center Stimulation: Previous Centers + Heart Center (20 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Stimulate the base center using stirring, brushing, and tearing awareness actions.

2. Sponge energy from your feet to your base center, smoothly take the energy under your genital center, and on up to the navel center. Stimulate the navel center with the three awareness actions.

3. Raise and sponge energy from your feet to your base center, past your genital center to your navel center, and smoothly on up to your solar plexus stimulation site. Stimulate the solar plexus site with the three awareness actions.

4. Now raise and sponge energy from your feet to your base center, past your genital center to your navel center and your solar plexus center, and smoothly on up to the heart center located in the midpoint of the heart. The area to stimulate is about the size of the palm of your hand. Stimulate the heart center with the three stimulation actions being used. Continue stimulation for several minutes or until energy sensations are felt. Spend no more than five minutes stimulating the heart center. Spend no more than twenty minutes total on stimulating these primary centers today.

Daily Tips

Robert: The heart center is profound, to say the least. This can also produce a strobe effect—much like the brow center strobe effect, only nonvisual, with no brilliant flashing light. What the heart center can produce in certain people is a whole-body adrenalinelike emotional body rush, upward-moving through the back and torso, which can only be described as orgasmic. Do not panic if this happens. This is a good sign in that it indicates you have good potential for psychic abilities, especially healing.

Brian: Personally, I found the heart center the easiest to activate. It was also the most distracting, for once it got going, all sorts of spontaneous images began to fill my head. If this should happen during any of the primary center stimulation exercises, take a minute to refocus before moving on. Note anything that comes up in your daily notes. Distractions should be avoided where possible. You can go back and explore this mind's eye imagery phenomenon once you have completed this program.

Your Program Notes/Observations

DAY 26

Primary Center Stimulation: Previous Centers + Throat Center

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (+ throat) (25 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

Repeat this week's breathing routine.

Mind Taming (5 Minutes)

Spend at least five minutes practicing quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: Previous Centers + Throat Center (25 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Stimulate the base center using stirring, brushing, and tearing awareness actions.

2. Sponge energy from your feet to your base center, smoothly take the energy past the genital center, and on up to the navel center. Stimulate the navel center with the three awareness actions.

3. Raise and sponge energy from your feet to your base center, past your genital center to your navel center, and smoothly on up to your solar plexus stimulation site. Stimulate the solar plexus site with the standard awareness actions.

4. Raise and sponge energy from your feet to your base center, past your genital center to your navel center and your solar plexus center, and smoothly on up to the heart center located in the midpoint of the heart. Stimulate the heart center with the three stimulation actions.

5. Now raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, and heart centers, and smoothly on up to the throat center. Stimulate the throat center (located at the center point of the base of the throat) with the three stimulation actions. The area to stimulate is about the size of the palm of your hand. In addition, use the wrapping action around your throat for extra stimulation, wrapping around the entire neck a dozen times or more. Continue stimulation for several minutes or until energy sensations are felt. Spend no more than twenty-five minutes total on stimulating these primary centers today.

Daily Tips

Robert: Stimulating the throat center during energy work sessions can produce uncomfortable sensations, including choking and feeling as if you're suffocating. This is partly due to its sensitive location and partly due to its relationship with the heart center. These are not physical sensations, so ignore them as best you can and continue the exercises. The throat center is heavily involved with astral projection. In some people, the feelings of choking and suffocation can greatly intensify when they are close to an OBE exit, but will disappear after the exit itself. If this happens during an OBE exit attempt, first observe your breathing and make sure you have not stopped breathing and are taking in enough air. If this problem persists, spend more time on secondary and primary stimulation to develop the throat center's ability to activate. This is a common problem but it can be overcome if you persevere with development exercises. Unsuspected sleep apnea can also cause problems for some people and a change of position or extra pillows will often help.

Brian: Here's an alternative method for activating primary centers that helps when others fail: imagine the primary center being worked on is a camera shutter that's constantly opening and closing, opening and closing. Using a body awareness action, make it go faster and faster. After a while, stop and observe for sensations. Repeat this a few more times, pausing every now and then to check for primary center activity.

Your Program Notes/Observations

DAY 27

Primary Center Stimulation: Previous Centers + Brow Center

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (+ brow) (30 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

Complete this week's breathing routine.

Mind Taming (5 Minutes)

Spend at least five minutes quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: Previous Centers + Brow Center (30 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Stimulate the base center using stirring, brushing, and tearing awareness actions.

2. Sponge energy from your feet to your base center, smoothly take the energy past the genital center, and on up to the navel center. Stimulate the navel center with the three awareness actions.

3. Raise and sponge energy from your feet to your base center, past your genital center to your navel center, and smoothly on up to the solar plexus stimulation site. Stimulate the solar plexus site with the standard awareness actions.

4. Raise and sponge energy from your feet to your base center, past your genital center to your navel center and solar plexus center, and smoothly on up to the heart center located in the midpoint of the heart. Stimulate the heart center with the three stimulation actions.

5. Raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, and heart centers, and smoothly on up to the throat center. Stimulate the throat center with the three stimulation actions, then use the wrapping action around your throat.

6. Raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, heart, and throat centers, and smoothly on up to the brow center. Stimulate the brow center with the three stimulation actions. The center point of the brow center is in the middle of your forehead between your eyebrow ridges. The area to stimulate is slightly smaller than the palm of your hand with the lower point between your eyebrows. Feel these actions as penetrating your forehead. Try not to let your forehead or eyes tense up as you do this. Continue stimulation for several minutes, alternating between all the above techniques, including a wrapping action around your entire head or until activity is felt in the brow. When the brow center becomes active, a light pulsing or throbbing will be felt there. Cease stimulation as soon as this is felt and just sweep energy up from your feet through your legs and all the lower centers to the brow center. Spend no more than thirty minutes total on stimulating your primary centers today.

Daily Tips

Robert: An additional technique that helps stimulate inactive brow and crown centers is to use a small body awareness bounce action. Bounce energy between your temples, taking it through your head from side to side. Do this for a minute and then bounce from the middle of your brow to the back of your head, again taking the bounce through your head and brain. These actions help stimulate the pituitary and pineal glands, which are

related to the brow and crown centers. These glands are deep inside your brain and not close to the skull as some people think.

Brian: If you find it difficult to sweep energy from the feet, legs, and up through the primary centers in one continuous motion, try this: start with the feet and sweep energy up through the legs to the base center during one inhale. Rest your attention there until the next inhale, when you'll sweep energy up from the base center to the genital (or navel) center and hold to the next inhale. Continue this way up through all the primary centers. When you're comfortable with this, try doing two centers at a time during an inhale. When you're comfortable with that, try three centers at a time. Continue in this way until you can make a free-flowing sweep during one inhale. The energy-raising sweep needed for primary center work is like an upward sponging/bounce-type action.

Your Program Notes/Observations

DAY 28

Primary Center Stimulation: Previous Centers + Crown Center

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 4 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Expanding the breath (5 min.)
	Mind taming (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (+ crown) (35 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 4 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	Each day I make time to complete my energy work. I recognize hidden opportunities for meditation. The pieces of my life fall into place, freeing obstacles that prevent my quiet time.
EVENING	I remember my nightly out-of-body experiences. I successfully download my OBE shadow memories. The more I raise energy, the better my astral projection recall.

Estimated energy work time: 60 minutes

Optional: BrainWave Generator "Week 04: Meditation (Primary Center Stimulation)"

Begin listening to the preset to coincide with the start of your relaxation exercise. You can also start a few minutes early and use last week's pulsed meditation preset to get more practice with trance.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Expanding the Breath (5 Minutes)

Complete this week's breathing routine.

Mind Taming (5 Minutes)

Spend at least five minutes quieting your mind.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: Previous Centers + Crown Center (35 Minutes)

1. Raise and sponge energy from your feet through your legs to your base center. Activate the base center using stirring, brushing, and tearing awareness actions.

2. Sponge energy from your feet to your base center, smoothly take the energy under the genital center, and on up to the navel center. Stimulate the navel center with the three awareness actions.

3. Raise and sponge energy from your feet to your base center, past your genital center to your navel center, and smoothly on up to your solar plexus stimulation site. Stimulate the solar plexus site with standard awareness actions.

4. Raise and sponge energy from your feet to your base center, past your genital center to your navel and solar plexus centers, and smoothly on up to the heart center. Stimulate the heart center with the three stimulation actions.

5. Raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, and heart centers, and smoothly on up to the throat center. Stimulate the throat center with the three standard actions, then use the wrapping action.

6. Raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, heart, and throat centers, and smoothly on up to the brow center. Stimulate the brow center, alternating among all techniques.

7. Raise and sponge energy from your feet to your base center, past your genital center to your navel, solar plexus, heart, throat, and brow centers, and smoothly on up to crown center. Larger actions are required for stimulating the crown center, which covers the whole crown of the head above the hairline. Start by using a wide brushing action, as if painting the whole top of your head with a large paintbrush in all directions. Next, use a large stirring/brushing action that covers the whole top of the head. Finish by using large tearing actions, as if you're repeatedly tearing apart a large, round, flat loaf of bread that is covering your head. Spend no more than five minutes stimulating the crown center. Spend no more than thirty-five minutes stimulating the primary centers today or during any future session.

Daily Tips

Robert: Try not to let your head, brow, or eyes tense up while stimulating the crown and brow centers. When sensations are felt, or if nothing is felt after several minutes, cease stimulation. Do not overdo crown- and brow-center stimulation. You will usually feel stronger sensations in some primary energy centers than in others. Spend a little more time on inactive centers than on active centers to promote more even energy body balance

and development. Primary centers that show noticeable signs of activity should be considered active and left alone. If a higher center becomes active while you are still working on the lower centers, either move on past it when you get to it, or only stimulate it lightly for a few seconds and then move on.

Brian: After practicing these exercises for several weeks, you may find that simply holding your awareness on a specific center will be enough to coax it into activity. The minimum suggested times for primary center stimulation herein are guidelines only. You may find your primary centers activating the moment you draw energy into them, or you may find they require extra effort to get them working.

Your Program Notes/Observations

Before Moving On

This week you should have:

- learned about your primary energy centers;
- successfully used the wrapping and tearing awareness actions;
- stimulated your primary centers to the point where you can feel mild energy activity in at least some of them;
- begun to raise energy just prior to sleep to enhance dream memory and lucidity;
- learned to breathe so that air fills your chest and moves downward on the inhale, and empties from your belly and then your chest on the exhale.

It was around five o'clock in the morning when I awoke with a thirst and got up to get a glass of water. Tired, I returned to bed and lay on my back, hands at my sides with my neck straight. I was planning to meditate to clear my mind and drift back to sleep.

I took one deep breath and exhaled when suddenly a powerful electrical vibrationlike pulse moved from my feet up through my legs. At first I thought, "What the heck is this?" I realized that I wasn't even asleep, at which point I separated and floated up to the ceiling, hovered for a few seconds, then came back down into my physical body.

Realizing that I'd projected, I again lay back down and again the vibrations came almost immediately. I lifted up towards the ceiling a second time and suddenly felt myself being pulled out through the wall into my front yard. I remember thinking how incredibly beautiful it looked outside but at the same time I was a bit shocked and unnerved by the experience.

I went back through the wall and down into my body where I got up and looked outside to see what I had seen while out of my body. The only difference between my in-body and out-of-body view was the quality of the light. Out of body the scene had been much, much brighter.

WEEK 5

Trance Practice

What to Expect

- Trance work
- Trance states
- Preparing for trance
- Trance hurdles
- Trance practice: using slight discomfort
- Trance induction techniques
  - *Elevator*
  - *Ladder*
  - *Steps*
  - *Climbing down a rope*
  - *Feather*
  - *Smoke rings*
  - *Personalized trance*
- More breathwork
- *Optional:* BrainWave Generator instructions

Trance Work

It is Week 5 and the key pieces for conscious-exit projection are almost in place. At this juncture your energy body should be reasonably well exercised. You should also be making progress with deep relaxation and

mind-taming skills. One of the final elements to add to your repertoire is the ability to get into and remain in an altered state of consciousness, commonly called a *trance state.*

The word *trance* comes with a lot of baggage. In fact, a trance is simply an altered state of consciousness. This is the state entered into when your physical body goes to sleep while your mind stays awake and conscious. When the trance state is entered, brain activity reduces significantly. Many peculiar physical and mental sensations can be experienced that would otherwise be missed if your mind fell asleep along with your body. The less mental activity you can manage while remaining awake, the deeper your level of trance can become.

In a nutshell, the human brain has two halves, each associated with different physical and mental functions. The left side is the rational, logical, problem-solving part; the right is the creative, emotional, intuitive part. The trance state causes these two halves to begin synchronizing more closely than they do in the normal waking state, which changes the quality of mental activity. During sleep and altered states, the mind works more slowly and with less thought activity, but the quality of thought is amplified. The deeper the altered state, the more abstract and profound the quality of thought becomes.

Putting your body to sleep while holding your mind awake is a critical skill. This allows the transference of your awake consciousness into your expanded energy body, that first *inner* projection we discussed in Week 2. This takes your consciousness one step closer to your astral double.

Learning how to enter the trance state and stay awake and lucid takes practice. It can be tricky at first, but you have already been practicing most of the required skills. A trance state may sound mysterious, but it is actually a very natural process that is generally not recognized when it happens.

Having practiced deep relaxation and mind taming these past weeks means that you have likely experienced some sort of altered state already.

This week you are going to learn some of the basic characteristics of altered states, plus how to induce and maintain a basic trance state.

We all experience some level of trance every night, if only briefly while falling asleep. Most people do not notice this because they make no conscious effort to keep their mind awake and focused as their body drifts off to sleep. If you did, you might observe yourself musing over nonsensical mental imagery and dialogue. Your body will begin to feel heavy and warm and cozy, right on the edge of sleep, before you lose coherence then fall asleep. These are all symptoms of passing through a trance on your way to the sleep state.

If you hold your forearms vertical with your elbows resting on the bed while you are falling asleep, you will be able to experience the trance state for a little longer than usual before sleep claims you. When you start to fall asleep your arms will fall, jerking you awake. If you persevere with this, you will find yourself hanging right on the very edge of sleep in an altered trance state.

There are two prerequisites for inducing an altered state: deep physical relaxation and a quiet mind. Additionally, trance induction techniques can be used to speed up entry into the trance state and for deepening trance level. These involve combinations of simple imagination and body awareness actions.

Trance States

We divide trance states into three basic levels, using descriptive names to help you identify the level of trance you are in by the sensations experienced. These are meant as a basic rule-of-thumb guide only, as opposed to the more technical terms for altered states (beta, alpha, theta, delta).

Light Trance

Light trance is related to the alpha level of light sleep. This is the first level of trance, similar to the daydream state. While relaxing, your physical body starts feeling warm, cozy, and lethargic. Your eyes begin to glaze and your eyelids gradually feel heavy and droop if you have them open. A mild wave of heavy warmth flows over you and you have slight difficulty focusing, especially if you are mentally tired. Patterns of light and color may be seen occasionally and your face may begin to tickle and itch (i.e., cobwebs).

With this level of trance comes a mild, whole-body feeling of warm, comfortable fuzziness and a slight disassociation from the physical body and surrounding environment. Time seems to slow a little and sounds seem farther away. Great internal mental clarity can be attained, as long as tiredness is not a problem. If this level of trance is accompanied by a deep enough state of physical relaxation, an inner body projection occurs and the OBE exit becomes possible.

Full Trance

Full trance is related to the theta level of medium-depth sleep. This has many similarities to light trance but trance sensations are more pronounced. Entry into full trance is marked by a noticeable wave of heaviness and a slow falling sensation. This can come on quickly, like a warm, heavy wave flowing through you, sapping your physical and mental strength as your body falls away into sleep. Concentration is needed at this point to stop your mind from following your body into sleep. Your sense of time passing alters, becoming slower or faster, depending on your level of mental tiredness. You become noticeably disassociated from your physical body and its environment.

Your sense of background atmosphere changes noticeably the moment you enter the full trance state. The room around you feels like it has suddenly become much larger, with a thicker and emptier atmosphere. Background sounds take on a muffled, faraway quality and you may feel bone-deep tickling sensations in your arms and legs, similar to what you may feel during energy raising exercises.

Some physical movement is still possible, but this takes more effort and feels like it is happening in slow motion. Sharp sounds cause an uncomfortable sensation in the stomach and solar plexus that can feel almost like physical blows. Your thoughts begin to feel different—slower than normal, yet extremely clear. This is caused by the surface mind shutting down and revealing a more profound level of consciousness.

Holding your mind clear and focused is the trick to staying awake and mentally functional in full trance. A slight level of discomfort helps with this. If you do not concentrate, you will tend toward fantasizing and drifting off in a welter of meaningless thoughts and mental imagery. When you first start experiencing trance states, you will need to concentrate on forcibly holding your mind awake, but without allowing yourself to tense up physically or mentally. This is a little tricky but achievable with practice.

The dream mind can become active during full trance. This indicates that an internal mind split has occurred, along with an inner body projection. This type of mind split usually goes unnoticed. Dreamlike imagery will often be seen behind closed eyelids in the mind's eye, as are occasional clairvoyant visions. REM (rapid eye movement) activity will happen sporadically. This feels like a rapid but gentle fluttering behind your eyelids. This is quite normal, as REM activity is associated with the dream state, but having REM while you are mentally awake is an unusual experience, to say the least.

You will be spending most of your time in this program somewhere between light trance and full trance. This level will vary as ability and experience are gained. The ability to put yourself into a full trance is very progressive, like most developed abilities. You will have to work at it, but with regular practice you will learn to do this quickly and easily.

Deep Trance

Deep trance is related to the delta level of deep sleep. It starts with all the symptoms of full trance, which become noticeably more pronounced as you

fall deeper into trance. There are many odd sensations associated with deep levels of trance that are experienced in many combinations, and they are often so strong that they can be frightening if you do not know what is happening.

In deep trance, respiration and heartbeat begin to slow and body heat is steadily lost due to the reduction in blood circulation. All the symptoms of light and full trance will be experienced, but in more pronounced ways. A continual falling sensation is common, as is brow center strobing. Full paralysis is normal and it can become difficult to break out of the deep trance state. Spontaneous OBE exits will frequently occur during deep trance, and are indicated by whole-body rushes of tingling energy and occasional rapid heart center activity.

It is best to avoid going too deep, as this level of trance is not conducive to having an OBE exit. You may experience spontaneous OBEs, but these are hard to keep track of and sleep is an ever-present companion. Do not worry, the deep trance state cannot hurt you any more than deep sleep can. In fact, this is very difficult to induce deliberately, and then only after the full trance state has been mastered.

If you think you have fallen into too deep a level of trance and cannot break it, the commonsense solution is to allow yourself to fall asleep. You will wake a short time later well rested and none the worse for wear.

Trance Preparation

The ideal state for learning trance work is to be deeply physically relaxed but mentally alert. If you are too tired and mentally fatigued, you risk falling asleep during trance sessions. Yet being too well rested and alert presents its own set of complications, as it then requires more work to induce the trance state.

Caffeine-induced insomnia can sometimes be conducive to working in the trance state. In this situation, the body and mind are usually overtired, but the mind is alert because of caffeine stimulation, thereby denying sleep. We

do not recommend this state be deliberately caused, but if it happens, then take advantage of it for trance work. At such times, use the deep physical relaxation and trance induction routines and see what happens. You will either succeed at inducing a stable full-trance state (ideal for an OBE exit) or you will simply fall asleep.

One of the best times for practicing trance meditation is early in the morning after about six hours' sleep. You will be mentally recharged and physically deeply relaxed. This is an ideal combination for both trance work and OBE exit attempts. Many people have their first successful wake-induced OBE early in the morning just after waking.

Another good time for trance is following a twenty-minute nap. If you are tired in the afternoon, this works especially well. This is enough time to refresh you mentally and to induce deep physical relaxation through sleep. In general, any time you find yourself mentally sharp but physically sleepy, you have the elements for a good trance state.

While it is possible to enter a trance state without being completely relaxed, any residual muscular tension can prevent OBE induction or cause complications during the exit. When you are not completely relaxed, you are also more likely to grow physically uncomfortable during the trance induction process. This can force you to stretch, which can break your trance state. If you have to move during trance, do it very slowly and carefully. Making sure you are deeply physically relaxed in the first place can prevent such complications.

The final ingredient for trance preparation is simply clearing your surface mind by shutting off internal dialogue. Using breath awareness is the easiest and simplest way to do this. Give yourself at least a few minutes of this before using a trance induction technique. When you are more experienced, the breath awareness practice alone will induce trance.

The trance induction techniques you will practice this week all involve combinations of body awareness and imagination to

KEY POINT

Trance states have two key ingredients: physical relaxation and a

generate downward-moving or falling sensations. This shortens the time it takes to enter the trance state, rather than waiting for your body to fall asleep of its own accord. Trance induction techniques also help keep your mind clear and awake.

mind free of internal verbal dialogue.

In all mental falling exercises, use imagination to construct the falling scenario and body awareness to simulate the feeling of downward movement. Try to *feel* the falling action; don't just think about it or see it in your mind's eye.

Once you attain a level of trance heralded by a wave of whole-body heaviness and warmth, relax and breathe slowly and naturally. When you enter trance, it is important to keep your mind clear and relaxed with no internal dialogue. Hold on to and settle into the trance state by focusing on breath awareness.

Holding yourself in trance takes practice. For the beginner, becoming proficient in trance is like learning any new physical activity. It takes time to learn the proper form and for the body and mind to grow accustomed to functioning in this new way. There will be hurdles to overcome, but these are usually small and easily surmounted with a little practice.

Trance Hurdles and Ways Around, Over, or Through Them

Trance complications for beginners vary from the common to the unusual. In this section we discuss the most common difficulties and how to overcome them.

Aches and Pains

If you are not used to sitting motionless, aches and pains will often occur, especially in arms and legs. Like any new activity, the motionlessness of trance can stretch muscles, joints, ligaments, and tendons in new ways. This

stretching is caused by the weight of your deeply relaxed body hanging from its frame.

Fortunately, aches and pains of this sort rarely last more than a few sessions. Performing some extra relaxation and body awareness routines on problem areas will help. Yoga or stretching exercises done prior to trance sessions will also help reduce aches and pains. Changing position slightly can alleviate uncomfortableness. A more erect and upright position is always preferable, as this balances the body and causes less physical stress.

Sit in a hard chair and wiggle your buttocks and you will feel two hard points upon which you are resting. Let's call these your *sitting bones.* Your spine rests on top of these when you sit. When you sit neatly upright on a hard chair, your spine straightens in response. However, when you sit on a soft cushioned chair or when you slouch, one of your sitting bones will usually depress farther than the other, creating an angle. Your spine will bend and curve out of alignment in response to this angle. In a deeply relaxed state this misalignment will cause pressure and discomfort in your spine and joints. The solution is to sit neatly and erect on a reasonably hard chair during all relaxation and trance exercises.

Aches and pains can also take the form of localized pressures that feel similar to sore muscles. This kind of pressure is associated with the same sort of energy blockages you might have encountered earlier while practicing energy work. Thoroughly practicing the deep physical relaxation routine at the beginning of each trance session helps alleviate this problem. If aching persists, doing some extra energy body stimulation on the sore areas will help.

Cobwebs

As discussed in Week 4, cobwebs are common with all forms of trance and energy development work. Cobwebs are sensations of localized tickling,

itching, or light stinging usually felt on the face and neck and especially around the mouth, nose, and cheekbones.

We recommend that cobweb sensations be ignored as much as possible. Usually, simply being aware that energy movement and not insects cause these sensations is enough to overcome them. Ignoring cobwebs is a good test of concentration and willpower. If you must scratch them, move slowly and deliberately, scratching them in a dreamy and relaxed way so you do not break your relaxed physical and mental state.

Reacting to Distracting Sounds

If you allow yourself to react to distracting sounds during trance work, you can develop a habitual negative response. This might cause you to become irritated and preoccupied with distractions. This will cause tension that will interfere with your ability to enter and hold the trance state. In time, this can also make your trance delicate and dependent on total silence. In general, you want to avoid making the trance state reliant on library-level silence. This will also limit the times and places you can practice trance meditation.

Accept sounds and let them wash over and through you without tensing, reacting, or mentally complaining about them in any way. Accept and tolerate sounds kindly with patient understanding. Look upon unavoidable distractions as valuable opportunities to test your powers of focus and concentration. Think of them as sound waves gently washing over you. If you follow this advice, sound problems will progressively ease with time and patience. Your trance state will thus grow more robust and resilient.

Saliva Problems

Many people experience saliva problems during early development work: either excess saliva causes frequent swallowing or a lack of saliva causes a dry throat and mouth. Both conditions can be distracting enough to cause trance and OBE exit difficulties.

For a dry mouth, first make sure you have had enough to drink so you do not become dehydrated, especially in a warm climate. Breathing

excessively through the mouth can also cause dryness. The solution here is to breathe more through your nose. Make sure nasal passages are clear by blowing and clearing them beforehand. A slight change of position will also help if your mouth tends to fall open naturally.

If excessive saliva is a problem, try not to concentrate on it or it will increase. Focusing on it can cause you to become more aware of your mouth and tongue, which in itself is distracting and can increase saliva flow. Avoid sweet drinks, tea, or coffee, and anything that leaves a flavor residue that may cause saliva flow. Brushing your teeth and using a saltwater then freshwater mouth rinse can help rid unwanted tastes.

Keep your mind off your mouth. Swallow normally whenever you must. Do this in a relaxed, dreamy, and natural way. Swallowing or moving the body to ease it must be done at times, even during trance work and projection attempts. Minor movements like this can be done without breaking deep relaxation or trance, as long as they are done carefully. However, try not to swallow once the vibrations set in or it will make the exit difficult. Once you have left your body, this problem will disappear.

Distracting Rapid Eye Movement (REM)

Rapid eye movement (REM) can be very distracting when it happens in trance. It feels like your eyes are rapidly moving back and forth beneath your fluttering eyelids. This is caused by the dream mind becoming active. Dreamlike images and scenarios may accompany this. REM normally comes and goes in bouts of a few minutes at a time, but it can sometimes set in for longer periods. If REM starts, do your best to ignore it.

If this becomes too distracting, try gently rubbing the fingers and thumbs of each hand together, take a couple of deeper breaths, stretch your body slightly, and then resettle yourself. If done carefully, this will not break relaxation and trance. This slight physical activity is often enough to stop REM and shut down the dream mind while allowing you to continue the session. If you are in a sitting position and need more activity, stand up

slowly (being careful not to fall over), stretch slowly and carefully, and wait till the REM stops before sitting back down and continuing. These procedures will also reduce your level of trance.

REM is a fascinating phenomenon. If you are in a sitting position when REM occurs, you might like to explore it by trying to shift your awareness into the dream to observe what's happening. It is possible to shift in and out of the dream state in a lucid way. This can give you valuable experience working with altered states and provide personal evidence of the internal mind split in action, helping you to understand a little better what happens during an OBE. This can also affect your belief system, making the possibility of an OBE far more real than it might have been.

Inability to Enter Trance

Inability to enter trance is usually caused by some form of anxiety or stress resulting in physical and mental tensions. Insufficient physical relaxation and/or poor concentration and mental relaxation skills can also cause problems. Practice, practice, practice is the very best advice here. If you have worked through this program thus far but find you still cannot get into the trance state, please do not give up. Some people will have to work at achieving the trance state.

Novices who fall into trance quickly and easily often have long-term natural trance experience of which they are unaware. For example, people who spent a lot of time daydreaming as children are likely to find trance states easier to achieve than nondaydreamers. Also, a naturally relaxed and contented person will find trance induction easier.

Going back to basics is wise if trance induction is overly difficult. Review and spend more time learning deep relaxation and mind taming. This may seem a laborious process, but you must be patient because trance is a key skill for having an OBE. Take your time and work at your own speed. Some people take to trance work easily, while others find they really have to work

at it. Anyone can achieve trance states if they learn the basics and practice regularly.

Falling into Trance Too Easily (A Caution)

This is an occasional side effect of long-term development work. If one spends a lot of time in a trance state, it eventually becomes second nature and is thus very easily attained. In this case, some people may find themselves accidentally sliding into the trance state many times each day. Some people think that sliding in and out of trance a lot demonstrates their psychic/spiritual evolution, however, if not checked, this can cause frequent episodes of disassociation from reality, which is psychologically unhealthy.

Frequent spontaneous trancing is usually caused by nothing more than poor self-control. A sleep deficit will compound this problem, so catching up on sleep will help. The best way to stop uncontrollable trancing is to be aware of this tendency and to watch out for it, especially at times it is likely to occur (e.g., while driving, watching TV, waiting, traveling, etc.). Be ready to work against this, pulling yourself out of trance the moment you feel it happening.

Grounding yourself by focusing on the world and people around you through physical and mental activity is the best way to avoid spontaneous trancing. If this problem arises, our best advice for you is to take a break from all development work for a week or so. During this time, focus on the physical aspects of your life. Catch up on sleep, get some walking in, visit friends, and do all the odd jobs and tasks you have been putting off.

Going Too Deep

If you ever worry that you might be going too deep into trance, reverse the trance induction process and feel yourself move upward. If this is not enough, slowly move your head, mouth, fingers, and toes, progressively restoring movement to your body until you reduce your level or pull yourself out of trance completely. You might then be advised to try again at a time when you feel less sleepy. As stated above, do not worry, as a deep

trance will not harm you any more than deep sleep. If all else fails, let yourself fall asleep and when you wake up you will be refreshed and ready to continue.

Sleep Paralysis

Sleep paralysis (also called *waking paralysis*) is a fairly common phenomenon. You wake up paralyzed or suddenly become paralyzed while relaxing or trying to get to sleep. Waking paralysis can be frightening if the cause is unknown. This will sometimes occur during the trance state.

Waking paralysis is a well-known symptom associated with OBEs. Natural projectors usually experience frequent bouts of this throughout their lives, especially during their teens and twenties. Waking paralysis is complex and no single explanation covers all the intricacies.

The commonly accepted scientific explanation is that the brain disassociates itself from its physical body during sleep, ostensibly to stop the physical body from thrashing about mimicking dream actions and thereby injuring itself. This is also said to occur when the mind accidentally wakes up inside its disassociated sleeping body. This explanation does have some logic, as the physical body does progressively disassociate itself from its mind during sleep and trance states.

Entering the trance state brings the first symptoms of mind/body disassociation, and the deeper the trance state attained, the more difficult movement becomes. This is fairly well in line with the scientific explanation, but the natural progressive mind/body disassociation, as brought on by trance states, generally comes on slowly and in degrees. True waking paralysis, on the other hand, comes on very rapidly, usually in only a second or two, heralded by a sense of great body heaviness and a continual falling sensation.

It is our opinion that waking paralysis is caused by a spontaneous OBE. Because of this, many people recommend that waking paralysis victims relax and go along with the experience, or that they try to convert waking

paralysis into a full OBE. This may work at times, but usually only if vibrations or other symptoms related to an OBE exit are present.

If waking paralysis occurs during relaxation or trance practice, or if you wake up paralyzed and want to try for an OBE exit, relax and go along with the experience. No preparation is necessary. Simply clear your mind and use an OBE exit technique (introduced in Part 2) or just imagine the feeling that you are floating out of your body. If you succeed, keep the OBE very short and re-enter your body about ten seconds later, shouting your success. Hold the memory of your brief OBE firmly in mind and use high emotion to improve shadow memory download during re-entry. Write down key words and use dream recall techniques immediately coming out of trance.

Following the above advice gives you a fair chance of remembering the experience after the fact. If you stay out too long, however, you will probably lose the shadow memory. (OBE exit and re-entry techniques are covered in more detail later in this program).

If you find yourself suddenly paralyzed during trance practice, you have most likely already projected but missed the OBE exit. This is quite likely if you've experienced whole-body tingling energy rushes, vibrations, or other OBE exit symptoms just prior to the onset of paralysis. Letting yourself fall asleep will make it easier for your projected double to re-enter, which will not be long if the OBE is kept short.

If you want to end paralysis, concentrate hard on moving a single big toe. For some reason, moving a big toe is the easiest way to break paralysis. To increase the effectiveness of this, use the brushing awareness action on your big toe. This helps strengthen body awareness there and makes it easier to force movement. The moment you move your big toe paralysis will end. If all efforts to pull out of paralysis fail, let yourself fall asleep and you will wake up later with full movement restored.

The Boredom Barrier

Boredom is a well-known barrier to learning and exploring altered states, including trance meditation. Sometimes it can feel as if one is trying to incubate an impossible egg that just will not hatch. Time passes and nothing seems to happen. You become restless and bored and your body and mind long to be doing something different, anything but sitting motionless. This is a natural barrier that only patience and perseverance will overcome.

In time you will adapt and become used to physical motionlessness and the lack of internal dialogue. You will learn to think more profoundly as your inner horizons expand. You will soon come to love and value this new state of being. The more time you spend in trance, especially if you remain fully conscious, the more your consciousness will expand and deepen. This is very progressive work.

There are some mental activities that can help overcome boredom. These do not involve breaking trance, but some word thinking might be required. If done slowly and carefully, a small amount of internal dialogue will not break your trance state (e.g., praying or sending distance healing, meditating on concepts like love, honesty, and friendship, etc.). Experimenting with astral sight and clairvoyance are also worthwhile. Another beneficial undertaking is to examine your life and resolve past problems and inner conflicts. If you can do some of these things and not break your trance state, you are making solid progress.

Falling Asleep During Trance

This is the most common problem of all. It is usually caused by either a sleep deficit or by being too comfortable during trance practice. If you have a sleep deficit, you will find you have little trouble entering the trance state, even without a deep physical relaxation exercise, because you are mentally overtired. In this case you will find it difficult to stay conscious and mentally functional in trance. You will tend to lose focus and drift away after a few minutes, returning to consciousness later feeling refreshed but with little or no memory of what transpired. Basically, trance sessions of this type are equivalent to pleasant naps.

It is easier to induce the trance state when the body and mind are tired, but mental coherence and control are limited. In general, practicing trance when you are overtired is a bad habit. The last thing you want to do is condition your body to fall asleep in response to your OBE preparation routine.

The solution is to catch up on sleep and then return to trance practice refreshed. If this is difficult, try changing the time of day used for trance practice. Doing trance exercises in the morning or just after a refreshing nap will usually solve this problem. An alternative is to always take a short nap prior to trance practice.

Many people wake an hour or so early each day for their OBE sessions. They get up, do a little exercise, shower, and then do their trance development practice. Trance work is generally more successful in the morning due to the deep physical relaxation and mental refreshment provided by a good night's sleep. Deep physical relaxation and a clear, fresh mind are essential ingredients for successful trance work.

With time and regular practice, the trance state becomes progressively easier to attain. Advanced practitioners are able to induce full trance at just about any time, even while standing and walking. But everyone must start at the beginning and then progressively develop this ability.

It is important to keep in mind that a full trance state is not required to project out of body. Only a modest level of trance, along with deep physical relaxation, is needed to make a successful OBE exit.

Snoring During Trance

Some people will hear themselves snoring during a trance session, even though they are mentally awake and lucid. This can only occur during the trance state, so it is a good indicator that the trance state is being achieved. Snoring happens because the physical body is asleep. If you find this a problem, adjusting the position used for trance and keeping the head balanced (rather than allowing it to fall onto the chest) will usually help.

Trance Practice:
Using Slight Discomfort for
Altered-State Conditioning

Try not to be overly annoyed by minor distractions and discomforts during trance practice. These may be the very things that prevent you from falling asleep or losing concentration during trance sessions. Successful trance work and the OBE exit may, in fact, depend on them.

Mastering the trance state is critical to inducing and remembering an out-of-body experience successfully. A solid trance state makes it easier to download and retain OBE shadow memories. *The secret to mastering trance states is to practice with a slight amount of discomfort.*

KEY POINT

The information that follows may make the difference between success and failure with this program.

Let's look at the normal learning process and how it relates to trance and OBEs. As one improves new skills through repetitive practice, the brain forges and progressively strengthens new neural pathways to optimize their ease of use. The same principle applies to both physical and mental learning, whether you're learning to type or memorizing poetry.

When learning to have an OBE, most people have only limited success in the early days. However, their efforts often involve lengthy times between practice sessions. This thwarts the natural learning process because they are not getting the everyday practice required to master the fragile physical/mental state required for the OBE exit. More importantly, this does not allow the brain to develop the neural pathways and subtle mechanisms required to download OBE memories.

Most people following this program will soon find they are able to achieve a reasonable level of trance. Many will also experience some OBE exit–related symptoms. Then they will hit an invisible barrier. They will seem to be doing everything right, getting all the right sensations, but will fail to download their OBE memories. As it happens, these same people

usually also have problems remembering what happens to them during trance practice and meditation sessions.

The type of early OBE remembered by the majority of inexperienced projectors usually contains a high level of emotion, often exhilaration or fear. This intense emotional impact provides an important shock factor. This forces an OBE memory to download into easily recallable levels of memory. If high emotion is not present to cause a successful shadow memory download, often physical discomfort or a noise occurs in just the right way and at just the right moment to partially awaken projectors and force an OBE memory download. If you study enough OBE case histories, you will find the above factors are extremely common.

Projection, dream, and trance state memories are all related. They all involve a type of shadow memory. These are incompatible with normal levels of conscious and recallable memory, which is only active during the full awake state of everyday life. But all the above have to share the same memory storage facility: the human brain. The physical brain/mind habitually stores only a single, linear memory stream. Usually the memories retained are focused on recording real-life events that occur in the awake state.

Entering the sleep/dream state involves a process similar to entering the trance state. Both states require the physical body to fall asleep. Each involves the mind continuing to function on some level (e.g., unconscious dreaming and conscious trance). They both also involve an inherent memory download problem, which relates strongly to OBE recall.

Most people have programmed themselves since birth to let their minds follow their bodies into sleep; to dream rather than to hold their minds awake in trance. Some retraining is usually necessary to strengthen the ability to remember trance, dream, and projection experiences.

The reason why so many people fail to realize an OBE relates to why they also lose track of trance and meditation experiences. Trance memory involves that first inner-body projection where the expanded energy double

is generated and loosened from its physical counterpart (see Week 2). In this case, just as what happens after a failed OBE, one's brain has failed to successfully download the memories of the internal expanded energy double.

Trance, dream, and OBE memory recall abilities are closely related. They are so close that if you train your mind for one, you also train it for the others. Of course, the trance state is far more easily achieved than an OBE. Therefore, this is the level you must practice in order to train and program yourself for OBE memory recall.

Traditionally, most people have been taught to practice the OBE exit while lounging horizontally on cushy mattresses or recliners. Trance work is also commonly practiced in this way. Apart from the constant danger of falling asleep if one is too comfortable, total comfort removes an important body/mind connection. This body/mind connection is important to both trance work and OBEs.

Group work and led meditations provide many stimuli to help keep the mind/body connection intact. In the case of a led meditation, the voice directing the meditation and other mild disturbances provide enough sensory stimulation to maintain the mind/body connection, even if one is in total comfort.

Have you ever wondered why most, if not all respected forms of trance meditation involve a slightly uncomfortable physical position? For example, Zen-style open-eyed meditation and/or sitting in a lotus position is slightly uncomfortable, especially for novices. So why are these forms so effective and memorable? This is because these positions help maintain a slight mind/body connection at all times. The structure and discipline found in a Zen dojo also play their part in creating a formal atmosphere. Some people make better progress under these conditions than they do working alone.

Avoid sensory deprivation (total physical comfort) during all trance work sessions and OBE attempts. A very slight level of discomfort helps keep

your mind/body connection alive. Staying lightly connected with your physical body/mind maintains a constant subtle memory download. You must experiment with just the right level of discomfort until you discover what is right for you. Too much, of course, will make the trance state too difficult to achieve and maintain; not enough and you risk momentarily "winking out" or falling asleep altogether.

The internally tranced expanded energy body/mind (that all-important inner-body projection) exists between the fully awake state and the full-blown OBE state. Before reintegrating with the physical body/mind after an OBE, the projected double must first reintegrate with its expanded energy body/mind.

At the conclusion of an out-of-body experience the projected double reintegrates with its expanded energy body/mind and, for a brief moment, the projector exists in a trance state just before entering full awake consciousness. This happens very fast and usually goes unnoticed. Identifying OBE shadow memory download problems must, therefore, start at the base level: during that transition from trance to awake consciousness. If this interface is improved, OBE memory download also improves.

To train this desirable ability, we specifically recommend that all your trance meditation practice be done in a hard-backed office or kitchen chair with no head support rather than in a bed or comfortable recliner. This will allow enough slight discomfort to nurture and train the necessary mind/body connection. In a way, this annoys the brain a little and forces it to keep in touch with its subtle states of being. Using slight discomfort thereby trains the mind to download, accept, and store shadow memories all through trance work sessions. This in turn strengthens dream and OBE memory recall abilities.

Have you ever wondered why the great spiritualist mediums of the early twentieth century had so much success with all forms of psychic ability, including OBEs? In part, this is because they generally used hard-backed chairs, wooden stools, or benches with no head support. They also had

fewer distractions by way of TV and computers, so they practiced trance work more regularly and for longer. Practice, practice, practice—it always pays off in the long term, regardless of what is being learned or developed. This is the way of any master.

The process of developing metaphysical and spiritual abilities can be likened to martial arts training: there is no quick and easy way. The sweat on one's brow every day sets the speed and level of one's progress. The same level of dedication and regular practice is required for any high-level skill if one wishes to gain a reasonable level of proficiency, including an OBE.

It is much easier to train for an OBE with modest daily trance work than to hope for success relying solely on intermittent OBE attempts. This is not meant to deter you from making OBE attempts when you have time and energy to do so. Always take advantage of such opportunities. However, spending time in trance on a daily basis with very slight discomfort to maintain the body/mind connection is the best way to train and strengthen shadow memory download ability.

Additional Methods for Slight Discomfort

Aside from using a hard-backed chair for all development practice, there are other ways to introduce slight discomfort. For example, if a bed or a recliner is used, place a small wooden board or piece of cardboard under your heels and/or your hands. If one must use a bed for practice, say because of back problems, a piece of board placed under the heels can be all that is required to maintain the mind/body connection. A blanket placed over the feet that is heavy enough to provide slight discomfort will also work. Experiment to determine what works for you.

A TV or radio tuned off-station will provide annoying white noise. This helps drown out distracting sounds. It also provides sensory input that can help keep the mind/body connection alive. Rain and surf recordings also

work. What hinders one person can help another. Adapt to your situation and innovate to find ways around obstacles.

Using a chair with no head support for training causes built-in slight discomfort because you are required to balance your head. The trick is to find the balance point for your head. Experiment with this until you find the perfect position. Once balanced, you will find this very comfortable. A small part of your mind/awareness will have to work in the background to keep your head balanced. Getting used to this position takes a little practice. If you start to fall asleep, your head will rock and jerk you awake, making sure you don't drift off.

As mentioned before, holding your forearms vertically off the bed with elbows on the mattress will achieve the same effect if you must practice trance in bed. They will fall to the bed and jerk you awake every time you start to fall asleep. Experiment with this and try to find a position where your arms will hang back on their own slightly off the bed. Use pillows if you need them.

The bottom line here is that if you have difficulty staying conscious during a thirty-minute trance meditation, then you are also likely to have OBE shadow memory recall problems.

Breathwork: Valving the Breath

This week's breathwork builds on the exercises you have been practicing for the last four weeks. This week you will add a simple valving component. The valving component allows you to control the intake and release of air more precisely, thereby regulating the speed of your inhales and exhales.

Previously, you have been taking deep breaths without being specifically directed to inhale through your nose or mouth. This week you should consciously breathe in and out through your nose. If this is impossible due to congestion, breathe in and out through your slightly parted mouth and

keep a bottle of water handy, taking small sips to moisten your mouth if it gets dry.

Follow the exercise the way you have before: normal breathing for a minute, increasing the breath for six to twelve breaths, twelve deep breaths, decreasing for six to twelve breaths, then a final minute observing your normal breathing. Take more than twelve deep breaths if you like; consider twelve a minimum. Be sure to breathe from top to bottom: expand your lungs and belly on the inhale, then contract your belly and lungs on the exhale.

To add the valving component, contract your glottis with your throat muscles. This is the opening at the upper part of your windpipe above the throat around where your chin meets your neck. When you contract your glottis, your breath will become audible and vaguely raspy—what you might expect from a science fiction villain with a black mask and cape. Slightly audible breathing is the effect you want to create.

Practice this during your normal breathwork exercise. Managing how much air is released and taken in will give you control over the breath's pace, something you will be regulating more exactly next week. One's natural tendency at first is to valve the breath on the exhale only. Be conscious of this, as you should practice the valving technique on both the inhale *and* the exhale. This is a little tricky at first. Experiment until it feels comfortable.

Optional: BrainWave Generator Preset "Week 05: Trance Meditation"

This week you will want to use the BrainWave Generator preset to enhance your ability to slip into trance while maintaining a keen sense of lucidity. Use the advice in the earlier section titled "Trance Practice: Using Slight

Discomfort for Altered-State Conditioning" for guidelines on trance practice.

It is important to train yourself not to fall asleep during trance practice. You may find yourself drifting in and out of consciousness while practicing, especially at first. If you find that you are drifting off for longer than a few seconds at a time, however, either enhance your level of discomfort during trance practice or practice at a time when you are not as sleepy or after a short, refreshing nap. If you still find yourself falling asleep, consider skipping use of the BrainWave Generator until you are able to maintain at least a light trance without losing consciousness.

Additionally, we have included another preset to promote lucid dreaming: "MAP Week 05: Lucid Dreaming." Listen to it the same way you did last week. Also remember to repeat your affirmations and keep your lucid dreaming objectives in mind as you go to sleep each night.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 5
DAILY PAGES

Trance: Achieving trance levels requires deep physical relaxation combined with mind taming and trance induction techniques. It requires a delicate balance of allowing your body to fall asleep while your mind remains awake and lucid. Key for mastering trance skill is using slight discomfort to permit you to straddle the edge of sleep without losing consciousness. This week you will practice several methods of speeding up the trance induction process.

DAY 29

Trance Practice: Elevator Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Elevator technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat in order to control the rate of inflow and outflow. With this new technique, the breath should be slightly audible.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Elevator Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down and then clear your mind by focusing on breath awareness for a few minutes. You may find this easier if you first deal with any pressing thoughts or worries. Simply consider and deal with these for a few moments each and then let them go. This will greatly ease their clamoring thought pressure. If you have serious problems, write them down to remind yourself to deal with them later; this will help silence them.

3. Imagine that you are in an elevator with one side—the side you are facing—open to bare rock or brick. Feel the elevator start moving down with you in it.

4. Imagine you can see the exposed side of the elevator shaft passing upward as you move ever downward, falling deeper and deeper into trance as you go. Imagine the texture and features of the shaft moving upward as the elevator carries you down, down, down.

5. Imagine you can see a large number as you pass a floor every few seconds, and count these as the elevator moves deeper and deeper. Call upon the memory of the last time you were in an elevator or go and ride in one and relive and memorize the sensation. Remember the slight feeling of vertigo it causes in your stomach as it starts going down. Recreate this feeling; feel it with your body awareness. Keep imagining and feeling this while making sure you do not allow your physical body to tense up. Feel your body letting go and sinking deeper and deeper into the trance state as you ride the elevator down, down, down . . .

Daily Tips

Robert: All the mental falling exercises herein provide ways to achieve a level of trance. Use your imagination to construct the falling scenario. The most important part is to *feel* yourself moving downward. Call upon a memory of yourself doing something similar; don't just think about it or try to see it in your mind's eye. Once you attain a level of the trance state heralded by a wave of body heaviness and warmth, relax and breathe slowly and naturally. Keep your mind clear to maintain this; focusing on breath awareness will help.

Brian: Remember to keep your head clear of internal dialogue as you go through this mental exercise. The key is to remain clear-headed without falling asleep. Again, practicing the trance exercises in a hard-backed chair is crucial at first. The slight discomfort is a critical aid to training your mind to stay aware.

Your Program Notes/Observations

DAY 30

Trance Practice: Ladder Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Ladder technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Ladder Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down, and then clear your mind by focusing on breath awareness for a few minutes.

3. Imagine that you are holding on to a ladder. Recreate body awareness feelings of remembered arm and leg movements and slowly begin climbing down. Feel the downward movement.

4. Move one imaginary foot and its opposite hand down one rung. Then move the other foot and its opposite hand down another rung. If this is too complex, imagine you are holding on to each side of the ladder and climbing down only with your feet, with the sides of the ladder gliding through your hands.

5. Continue down the ladder one rung at a time. Feel your body moving down the ladder. Imagine a rock face or brick wall in front of you close to the ladder. Imagine this textured face moving upward past you as you climb farther and farther down the ladder. Feel yourself climbing downward as you fall deeper and deeper into trance with every downward step you take.

Daily Tips

Robert: When you get used to trance induction methods, it can help if you repeat a mantra a few times at the start. This does temporarily breach mental quietness, but it helps set a downward theme in your mind and in time this becomes a trigger for entry into the trance state. The one I use is "Down . . . down . . . down, . . . deep . . . deeper . . . deepest . . ." Do this slowly and profoundly, feeling yourself moving downward and deeper into trance. With practice you will find that your mind begins to react automatically to this trigger, pulling you into trance more quickly.

Brian: Detecting when you've crossed the line into trance can be a tricky thing. I've heard people describe a heaviness that steals over their body. Usually, for me, I get a sense that I'm drifting into an altered state when I feel the pressure of my mind wanting to wander on to nonsensical or unrelated topics. If you find your mind wandering, wordlessly bring your attention back to your body. I find that rooting my conscious awareness firmly behind my closed eyes helps me stay lucid without inner verbal dialogue breaking my concentration.

Your Program Notes/Observations

DAY 31

Trance Practice: Steps Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Steps technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Steps Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle. Allow yourself to let go.

2. Let your thoughts wind down and then clear your mind with breath awareness.

3. Imagine that you are standing at the head of a long flight of steps with a high stone wall on either side. These steps are large, imposing, and steep. Lift one imaginary foot at a time—carefully feeling yourself doing it—and step down.

4. Feel your body move downward as your right foot moves onto the lower step. Repeat this action and take the next step down with your left foot, then the next, and the next.

5. While you are moving down the stairs, imagine you can see the textured stone walls on either side moving upward past you.

6. Continue this slowly and deliberately, feeling yourself moving downward and falling deeper and deeper into the trance state. Count the steps if you like (slowly, as if you were counting your breaths: "Onnnne, twoooo, threeee," etc.), taking one step down with each exhale.

Daily Tips

Robert: Do not be concerned if you find it difficult to enter a trance at first. I was a natural daydreamer and had lots of spontaneous OBEs from at least the age of three. When I taught myself to deliberately induce trance, it was difficult and took considerable time and effort. However, I was using old and obtuse methods. My instruction at that time was, "Sit quietly and clear your mind and you will soon enter the trance state." The techniques introduced this week are much more effective.

Brian: If you find yourself "blinking out" during trance work, even if you're well rested, that's to be expected at first. The more you practice the trance state, the less this is likely to happen. Be aware that the "blink out" signals a momentary inner projection, and possibly even a short OBE. One indication of this is a sensation of falling just before you snap back. It can be disconcerting at first but try to enjoy the falling sensation and not tense up when you feel it coming. This will give you practice staying relaxed during OBE exits.

Your Program Notes/Observations

DAY 32

Trance Practice: Climbing down a Rope Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Climbing down rope (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Climbing down a Rope Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down and then clear your mind using breath awareness.

3. Imagine that you are hanging by your hands from a thick and unbreakable rope and you have your legs wrapped securely around it. Your arms are strong and there is no chance of falling.

4. Move one imaginary hand down and then the next, climbing down the rope hand over hand with the rope sliding easily between your legs. Feel the downward movement.

5. See the textured rope moving up past your face as you climb down it hand over hand.

6. Continue this, feeling yourself climbing down and falling deeper and deeper into the trance state as you go, "Down . . . down . . . down, . . . deep .

. . deeper . . . deepest . . .”

Daily Tips

Robert: I cannot reiterate strongly enough the value of the breath awareness technique! If you can relax your physical body and focus on breath awareness, feeling your chest and stomach rising and falling with your body awareness, you will have no problems entering a decent level of trance. If the trance state seems to elude you, redouble your efforts on breath awareness.

Brian: Notes from my first week of trance work: “I was upstairs, alone in the dark and doing my trance work. I was counting myself down when I heard my wife say something from the foot of the bed. I knew that she was asleep downstairs and that something must be wrong for her to disturb me. I forced myself to open my eyes and looked up, my heart pounding (rapid heartbeat, as per OBE exit). No one was in the room with me. My wife was still asleep downstairs. While I may have fallen asleep for just a fraction of a second and dreamed it, it was so real!” I knew then that I must have been very close to an OBE exit, as this was a typical “astral noise” phenomenon.

Your Program Notes/Observations

DAY 33

Trance Practice: Feather Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Feather technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Feather Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down and then clear your mind with breath awareness.

3. Imagine that you are a feather and that you are gently floating down from a great height. Get a tiny feather and drop it from the ceiling. Become one with the feather. Feel yourself gently falling, recreating a falling sensation in your body awareness every time you breathe out.

4. Feel yourself holding position and floating in midair as you breathe in.

5. Feel the atmosphere around you; imagine strands of textured clouds moving upward past you as you fall gently through them.

6. Continue this, feeling yourself floating gently downward and falling deeper and deeper into the trance state with your every falling breath. In and out can be reversed to whatever feels most natural. Be one with the feather.

Daily Tips

Robert: As I mentioned earlier, it can help if you repeat a simple litany or mantra over and over in your head as an accompaniment to a downward-feeling trance induction method. This also helps to keep the mind clear and focused. In time you will become conditioned to subconsciously react to the litany. Such a mantra will program you to start falling into trance whenever it is used. You can make up your own litany, but keep it simple and downward-meaning and stick to the same one once you find one that you like. The longer you use it the more effective it will become.

Brian: Another thing I noticed when I was learning the trance state was localized falling sensations in my legs or arms. This is a good sign that you are starting to master the state and generate that all-important internal projection into your expanded energy body.

Your Program Notes/Observations

DAY 34

Trance Practice: Smoke Ring Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	*Optional:* Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Smoke ring technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	Affirmations
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center, from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Smoke Ring Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down and then clear your mind with breath awareness.

3. Imagine that your feet are in the center of a dense smoke ring as thick as your arm. Imagine and feel this smoke ring rising up over your body and disappearing overhead.

4. The smoke rings are very dense and move close to your body. Imagine that you can feel them moving up over your skin as they rise. Imagine that you can see these smoke rings as they move past your eyes.

5. The smoke rings should repeat with about two seconds between them, but this can be varied. Feel with your body awareness the rising smoke rings, puffing regularly up over your whole body.

6. Feel an internal falling sensation as the imaginary smoke rings rise upward. Feel yourself falling deeper and deeper into the trance state with the caress of every smoke ring as it rises up over your whole body, over and over, from feet to head.

Daily Tips

Robert: The smoke ring technique is a personal favorite. It is extremely versatile. Once mastered, this can also be used to raise energy up through your body in an ultrasimple way. I use this method for trance induction (a few times a day in my life), but this also raises energy. When you have mastered energy raising methods, you'll find that any upward-moving close-to-body body awareness action will cause energy to raise. As we have said many times, these exercises are very progressive and in time you will find that you can simplify them profoundly. And simple is always better, easier, and faster.

Brian: Keeping your mind free of distracting thoughts can be difficult when first learning trance. By now you should be proficient at keeping your mind clear for short periods of time, but it's more difficult in a long trance session. I've read techniques that recommend mentally visualizing putting your distracting thoughts in a box and locking them up before going into trance. Personally, I found the act of thinking of things to put in the box usually revived more distracting topics than I would otherwise have had in the first place. Experiment with different techniques and come up with something that works for you.

Your Program Notes/Observations

DAY 35

Trance Practice: Personalized Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Read chapter 6
	Optional: Week 5 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Valving the breath (5 min.)
	Energy body prestimulation (5 min.)
	Energy raising (5 min.)
	Stimulate primary centers (15 min.)
	Trance work: Personalized technique (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 5 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I have the ability to operate independently of my physical body. This happens naturally every night during sleep. The thought of being out of body is peaceful and freeing.
EVENING	I recognize I am dreaming. I take control of my dreams. I have the power to convert my lucid dreams to an OBE.

Estimated energy work time: 55 minutes

Optional: BrainWave Generator "Week 05: Trance Meditation"

Begin listening to this preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Valving the Breath (5 Minutes)

Follow last week's exercise with the addition of valving your breathing at your throat.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Energy Raising: Full-Body Circuit (5 Minutes)

Spend a minimum of five minutes (longer, if time permits) doing the full-body circuit.

Primary Center Stimulation: All Centers (15 Minutes)

Stimulate each center from base to crown. Spend no more than fifteen minutes total on this step.

Trance Practice: Personalized Technique (15 Minutes)

1. Take a moment to stretch, relax, and resettle yourself.

2. Let your thoughts wind down and silence, then clear your mind with breath awareness.

3. Imagine any scenario that you are familiar with or can imagine that involves any kind of downward movement or falling sensation. This can be anything that could induce a natural falling or downward-movement sensation in your body awareness: an escalator, a waterslide, a fireman's pole, a parachute jump, mountain climbing, scuba diving, high diving. If you can't think of a technique, use the trance induction from this week that was most effective for you. You can also alternate between these methods to keep your mind focused and to alleviate boredom.

Daily Tips

Robert: Trance work on its own will sometimes precipitate spontaneous OBE exits. Be prepared to go with these when you are aware of them

happening. If you use total comfort for your practice sessions (e.g., lying on a soft bed), you may miss these totally and put them down to temporarily "blinking out" of focus. However, if you are using the right measure of slight discomfort, you will be fully aware of these events and can take advantage of them to gain real OBE experience, if only for brief moments.

Brian: Astral noise is an auditory hallucination where projectors hear noises and even voices around them during the prelude to an OBE exit. This can also happen during trance work sessions. These are *very* real and can be completely distracting if you don't know what's happening. Tell yourself before you start your trance work that if you hear any astral noises, you are going to ignore them. The first challenge is realizing that the noises aren't coming from your physical environment. This is difficult. The second challenge is not paying attention to them. Here's a trick that worked for me. If you hear an astral noise, immediately come up with some rational explanation for it, no matter how ludicrous. In one instance, I heard the sound of footsteps on a hardwood floor in a part of the house that I was certain was empty. I told myself, "Oh, that must be the neighbor hammering," even though I knew it was too late for my neighbor to be working on his house and that the sound I was hearing wasn't the sound of hammering. But it allowed me to let this go and continue my energy work and worry about the noise later.

Your Program Notes/Observations

Before Moving On

This week you should have:

- learned about trance practice and how to adjust your level of tiredness and discomfort to get the best results;
- an understanding of how to use slight discomfort to enhance the effectiveness of your trance practice;
- become familiar with the different levels of trance;
- practiced putting yourself into a basic level of trance;
- learned how to valve your breathing at your throat to control the intake and outflow of air.

I woke at five a.m., so decided to try an OBE. I settled on my side and stimulated my chakras and the vibrations started. I visualized myself lifting out. Then I heard my wife's voice ask me what time it was. This was strange, as she was deep asleep. The instant I heard her voice I slammed back into my body.

Doh! Tricked into returning! Bleedin' astral noise trying to keep me in, eh?

That wasn't going to stop me, not after trying for such a long time. So I tried again and this time lifted straight out and up to the ceiling.

I tried to leave through the window, like I did in my first OBE, but I didn't want to move my "astral body" thinking I might return to my real body if I did. So I drifted backwards through the window, feeling just a light resistance. I found myself looking down on a garden from about fifteen feet up and drifting slowly backwards. Then I realized that this wasn't my garden. I was at my mother's house about five miles away.

I wanted to go back to my own village and started drifting up the main road (at about fifteen feet up, a lovely way to travel) and I noticed a lot of activity in the road below. This was strange given the early hour, but it was bright as a summer's day. I tried to shift myself back home and, although I felt a rushing sound, I did not make much progress. I felt my energy waning and thought it was about time I went home.

This didn't slam me immediately back into my body. It was more of a gradual "melting" back in, almost as if I was merging two memories together very slowly.

WEEK 6

Loosening up the Energy Body

What to Expect

- OBE walk-through
- Brow center trigger
- Projectable double loosening
  - *Bounce loosening*
  - *Breath loosening*
  - *Spin loosening*
  - *Loosening with imagination*
- Preparing your meditation space for an OBE
- More breathwork
- *Optional:* BrainWave Generator instructions

Preparing for an OBE

This is a transitional week where you will go from learning and practicing the elements on which an OBE depends to applying them next week in Part 2 of the program. Be advised that some of the techniques and exercises this week can cause OBE exit symptoms and even full OBE separations.

You have been pretty busy these past few weeks. By now you should have recognized the basic drill: take a few minutes to do your relaxation and breathwork, spend some time raising energy and stimulating primary centers, then use a trance induction technique. This week you will learn the last few pieces of the full OBE preparation routine.

There are three more components to add before regular OBE exit practice can begin: the OBE walk-through, the brow center trigger, and subtle body loosening exercises.

The OBE Walk-through: Rehearsing Your First Projection Experience

After five weeks of daily energy body stimulation, deep relaxation, mind taming, and trance work, you should be feeling a little more comfortable with the idea that you are a spirit and not just a body; a consciousness and not just a brain. You should also have a fair understanding of the process required to wake-induce an OBE.

Yet with all this, it can still be a little ominous knowing that soon you will be making serious attempts to separate from your physical body. You may have no conscious fears about the idea of doing this, but it can be another thing entirely when the OBE exit begins. When theory suddenly becomes reality, you will only have a few seconds to digest the situation and react. Your training will make a big difference in how you respond to your first OBE exit. The OBE walk-through is designed to prepare you for this ahead of time so you don’t freak out and blow the big event.

Beginners tend to have two natural reactions to the pre-OBE exit symptoms: excitement and fear, in varying degrees. Yet it is critical that you avoid these primal gut reactions.

Excitement will break the delicate balance needed for successful projection, cementing you back inside your physical body/mind. It is a natural reaction, yet nothing will stop the OBE exit faster than getting overexcited. As much as humanly possible, you want to remain calm and ignore OBE exit sensations. You need to focus everything you have on getting out of your body. A calm state of mind must be maintained before, during, and after the exit. You can jump up and down and celebrate only after reintegration and not a moment before.

Fear poses its own set of complications. Like excitement, OBE exit–related fear is a natural gut reaction. It frequently causes would-be projectors to abort their exits, usually right on the brink of their first OBE exit. Terminating an OBE exit due to fear can traumatize you. It can psychologically condition you against having future OBEs. This can significantly increase the difficulties during further projection attempts. An unconscious psychological "flinch reflex" can be created to prevent the same trauma from happening again.

In addition to giving you practice at remaining calm and focused, a walk-through guides you through your first OBE. How you structure your OBE walk-through can also affect your ability to remember the real thing after the fact. Given the inherent nature of the out-of-body state, it can be tempting to deviate from your walk-through plan and go on spontaneous adventures. The likely result is that you will stay out too long, your physical/expanded energy body/mind will fall into a deep sleep, and you will completely lose the memory of your first OBE.

The idea behind rehearsing an OBE is to make what happens during the process automatic. You will not have to decide what to do at the time. Instead, you will instinctively follow your training. The OBE walk-through process only takes a few minutes. It involves physically acting out your first OBE, and walking through it step-by-step in your imagination. The more often you repeat this process, the less intimidating it will be during the real thing and the more likely you will be to stick to your plan during your first OBE.

Planning Your First OBE

Your OBE walk-through plan will evolve as you learn more about OBE and exit symptoms during Part 2 of the program. The following are some general guidelines for setting up your walk-through. These will increase your chances of remembering and getting through it all without fear and/or excitement ruining the experience.

The shorter your first experience, the more successful it will be. We recommend your first OBE be limited to between ten and thirty seconds and no more. Your first wake-induced OBE is a huge milestone that will profoundly affect your beliefs. Do not blow it by getting delusions of grandeur! Just because you got out successfully does not mean that you will be able to remember it after you reintegrate. Extend time spent out of your body by about thirty seconds per experience. Obviously, you cannot take a watch with you, so use your judgment.

KEY POINT

Keep early OBEs very short!

During your first few awake OBE exits, you will need to work at following your plan and then returning without wandering off and losing track of things. This significantly lessens your chances of losing control and of losing the memory of the experience.

Your first conscious OBE exit is important, and even more so is your first conscious re-entry. Doing both involves a significant realization and this will have a profound impact upon your beliefs, conscious and subconscious. This will make future OBEs easier and more achievable.

The most effective way to prevent you from wandering off in the night is to have a preplanned route near your projection site. Go to the location where you will practice the OBE exit and look around. Now choose an object across the room. Walk to that object, and then look for another object on the far side of the room. The object may be as simple as a picture or lamp. Your goal here is to create a rough triangle from your physical body to the first object to the second object and then back to your physical body. This will be the route you will travel once you get out of your body. Practicing this route during your OBE walk-through will provide you with concrete objectives. They may not be terribly exciting, but it will help you keep your goal to re-enter your body shortly after the exit.

If possible, try to keep some distance between you and your physical body once you get out. If you get too close, your physical body will try to pull you back in like a magnet. This astral magnetic field reduces with distance.

If practical, try to stay at least ten feet away from your body until you are ready to re-enter.

If you plan to project at night or early in the morning when it is dark, this might add to the fear factor. There is something inherently creepy about projecting into the real-time zone at night when it is dark and gloomy. If you can, project during daylight hours for your first few trips out of body. If that is impractical, you can overcome this uneasiness by having a lamp on in your room or by preparing a “safe room” nearby.

A safe room is simply a well-lit room near your practice area that will make you feel safe. The room you practice in should be only dimly lit, but a safe room should have plenty of light. This can be as simple as leaving a light on in a hallway or nearby room.

The idea behind the safe room is simple. You get out of your body but it’s dark and gloomy and a little creepy where you are. So you move into the well-lit room you’ve set up nearby. This plan will help quell any uneasiness. You then move back to your practice room and re-enter your physical body, keeping the experience short as planned.

Always use memory trigger words and phrases to download OBE memories during re-entry, even after you have had multiple successful OBEs. Just before jumping back into your body, formulate some key words or a phrase to help remember the experience. This can be as basic as yelling out “I will remember this!” or “My hands melted!” or “My bedroom has no ceiling!” or “I saw a kangaroo!” if you happened to see one. Think of something particular to the experience that will help trigger an association with the whole memory after reintegration. Always use high emotion during re-entry to help download shadow memories. Literally shout your key word or phrase savagely as you dive back into your physical body. Re-entry is where emotion is actually helpful!

Deliberate re-entry is a peculiar sensation. It comes with a whole-body tingling upward rush and a falling sensation. As these sensations peak, you will feel your consciousness fade for a brief moment as your perspective

switches back to your physical body/mind. You will continue feeling these sensations from inside your physical body for a moment as they fade. This is a crucial moment. If your OBE memory is apparent, fill your mind with it and speak about it aloud as you grab your pen and write first the key words and then the whole experience.

However, if your mind is blank, immediately apply your efforts to recalling the experience. The state of mind required here is the same used when you have forgotten something important—say, where you put your car keys. Run through your OBE walk-through plan, imagining yourself having just done this while out of body. This may trigger your OBE memories. Always write key words and phrases down immediately or risk losing them. Like dreams, OBE memories will slip out of mind without warning.

The OBE walk-through is designed for your first real-time OBE. Keep in mind, however, that you may find yourself instead in an astral plane immediately after your exit. If this is the case, spin around and glance at whatever you can see, take a quick look at your hands and watch them melt (hands will usually appear to melt if you look at them during an OBE), then reach out with your feelings and feel for your physical body. When you do this, hold the memory of your experience strongly in mind in case you shift directly back into your body. However, if instead you find yourself next to your physical body in real time, re-enter by diving into your body while shouting your success. Always use high emotion to help download OBE memories during re-entry.

Another way to return to your body during an OBE is to make a strong mental or verbal command (one can usually speak aloud in the astral). For example, say “Take me home!” or “Take me back!” When you do this, you may find a force takes hold of you from behind and starts moving you, or you may re-enter your physical body immediately. These are both normal.

OBE Walk-through Example

Let's say that you are using a bedroom for OBE practice. Assume your normal OBE exit position. Imagine that you have made it out of body and are floating above or near your physical body. Physically stand up and say aloud, "I am out! I am having an out-of-body experience." (A running verbal commentary will help keep you lucid during an OBE).

Find your first object—say, a lamp on the dresser across the room. Focus on the lamp to the exclusion of everything else. Say, "I am focusing on the lamp. I am focusing on the lamp," as you start across the room. Move slowly, as if you actually were your real-time double.

Out-of-body movement is different from walking. Simulate OBE movement in your mind by imaging that you are wearing roller skates and are being gently propelled across the room. Mental action is necessary to move your projected double as it does not have real legs. Feel yourself move and you will move. Feel yourself stopping and you will stop. Feel yourself turning and you will turn.

When you reach the lamp, look for your next target—say, a picture or window on the other side of the room. Say "I am focusing on the picture, I am focusing on the picture," and feel yourself moving toward it. Keep your mind clear of thoughts and emotions. Focus solely on what you are doing.

Next, focus on your physical body. Shout "I will remember this! I will remember this!" or "My hand passed through the lamp!" or "My window is missing!" or an appropriate phrase to depict what happened. Feel yourself moving back to your starting point. Keep repeating your key word or phrase (it helps if they rhyme) as you move.

Now you are standing a few feet from where your physical body will be during the OBE. Imagine you can feel it tugging at you like a magnet. Shout your key words or trigger phrase furiously as you feel yourself diving headfirst into your physical body, aiming roughly for the chest or belly area.

Take a minute to repeat your OBE walk-through before each exit practice session. It is important to not just visualize but to stand up and act it out

physically. Get into the role and make it feel as real as you can make it. Doing this repeatedly is a powerful way to communicate your intentions to every level of your mind and body. This also helps reduce any uneasiness about what will happen when you actually have your first OBE, as it gives you a plan to carry out.

Brow Center Trigger

Brow center meditation is a yogic technique where you direct your eyes up toward the middle of your brow from behind your closed eyelids. This technique is used for mind taming, getting into trance, heightening intuition, and so on. It can also be used to trigger or strengthen OBE exit–related symptoms. When mild or patchy OBE exit symptoms arise, this can act as a switch to trigger strong whole-body vibrations and electric tingling sensations commonly experienced during the OBE exit. Use this technique whenever you get vibrations or other OBE exit–related symptoms, especially if they are mild and patchy.

You will be practicing the brow center trigger daily in the weeks ahead in conjunction with the exit techniques introduced in Part 2 of the program. This trigger requires you to employ seldom-used eye muscles, which can cause a little eyestrain. So this week you will begin practicing, with the aim of getting your eye muscles used to this new position.

Practice the brow center trigger position while you are quieting your mind. We suggest that you carry out the following routine to stretch and warm up your eye muscles.

Eye Muscle Warm-up

1. With your eyes closed, look up as far as you can and hold it for two breath cycles.
2. Now look down as far as you can for two breath cycles.
3. Look left as far as you can for two breath cycles.
4. Look right as far as you can for two breath cycles.

5. Repeat steps 1 to 4.

6. Move your eyeballs clockwise, taking a full breath cycle to make the circle.

7. Move them counterclockwise for one breath cycle.

8. Alternate the clockwise and counterclockwise motions until you have circled your eyes three times in each direction.

Brow Center Trigger Exercise

The brow center trigger requires that you angle your eyes up and slightly inward as if looking at your brow center (third eye) from the inside. The point to aim for is in the middle of your forehead. This may be a little difficult at first. It helps to press a fingertip into your brow. You can locate this point of pressure with body awareness and use this point as a target from the inside.

At first you will only be able to hold this position for thirty seconds or so comfortably. That is all you need for starters. Try to increase this time by ten or fifteen seconds per day. Eye muscles get used to this position fairly quickly with regular exercise. You will be able to comfortably hold the trigger position for much longer in a couple of weeks.

This position may cause a little eye discomfort for several days, but this is only mild muscular strain and it will not harm you. If you have trouble performing this exercise or have particularly weak eye muscles, start with a shorter time and build up slowly. This is an exercise that you can practice any time.

Projectable Double Loosening

Think of the OBE exit this way: relaxation, mind taming, and trance are all preparation to cause a stable, expanded, inner-body projection. Projectable body loosening techniques are designed to “excite” both the fundamental energy body and the expanded energy body to the point where they will produce the projectable double. The projectable double is generated

internally and then projected or is generated as it is projected. Technically this involves another internal transfer of consciousness from the expanded energy body into the projectable double. However, as the projectable double is then projected out of body, that same transfer includes the actual shift of consciousness into the real-time astral double. We have omitted describing this complexity in too much depth in order to keep things simple, and to keep ourselves sane.

OBE exit techniques (introduced next week) provide that last bit of pressure and *oomph* necessary to generate the projectable double and trigger its exit out of body; to bring about that final shift from inner-body to outer-body projection.

The techniques introduced this week help to stimulate and in a way loosen up the projectable double. These exercises involve temporarily shifting body awareness outside the bounds of the physical body with simple body awareness actions. Take note of the effectiveness of each of these methods in your OBE journaling space. Try them all and then focus on the methods that are most effective for you. These exercises are all capable of triggering an OBE, so be prepared for anything.

Responding to Spontaneous OBEs

Next week you will be learning about the projection process in more detail, the symptoms of an imminent exit, and how it feels when the projectable double is being generated. Since the exercises this week can induce an OBE, the following are some indicators of an impending OBE exit.

First and foremost are the famous vibrations. These occur during the majority of OBE exits and thus should be expected. During early projections, these are likely to be fairly intense. They can be patchy or whole body. Vibrations feel like, well, vibrations. Imagine you are holding on to a giant massage vibrator and your whole body is being made to vibrate in tune with it and you have the general idea.

Vibrations can be mild and patchy, say, with only your legs vibrating. Vibrations can also be so intense that you might start to think that you will not survive. A whole-body electric tingling sensation is also common, varying from mild to intense. Please believe us when we say that these sensations will not harm you. You will not be actually vibrating. These are energy body effects only, produced during the generation and projection of the astral body.

Strong heart center activity is also very common and thus should be expected. This feels like your physical heartbeat is accelerating to an extreme rate. This can be mild or very intense—so intense, in fact, that you may fear for your life. However, this is the heart center and not the actual heart. Your heartbeat will not speed up during this. You must have faith that this is not your heart or you will panic and blow the exit, probably traumatizing yourself in the process.

A sense of expanding, often beyond the borders of your physical body, is also common. Astral sight is also pretty customary (seeing through your closed eyelids into the real-time zone around you) and is often experienced just before the exit out of body. Astral sight can be dull and shadowy or as clear and bright as normal optical sight; sometimes it can be clearer than normal sight.

Some of the other things you might experience during the exit are: loud noises such as a roaring sensation, the sound of buzzing, hissing, bells, footsteps, chainsaws, knocking, even voices and laughter. You may hear voices talking about you or even to you. You might hear someone you know knocking on your door calling you loudly and urgently. These are all common OBE-related audio hallucinations and they can be incredibly real. Do not believe them for a moment and do not react to them. Do not doubt yourself or be fooled! Ignore them totally! Move on to the exit and follow your planned walk-through regardless.

Please trust us and know that whatever happens, you will be perfectly safe. If you should experience exit-related symptoms, the critical thing to do

is remain calm. Be a passive and objective observer. Do not tense up. Do not move. Do not open your eyes. Keep your mind clear. Remain relaxed. Continue to run through the exercise that is producing the symptoms and calmly observe what is happening. If you should project, just follow your OBE walk-through the way you have practiced and you will do just fine.

The important thing to keep in mind here is that you might experience any number of extraordinary and unexpected things. You will learn more details about the exit next week in Week 7.

Grounding Cords and Conscious-Exit Projection

Some people employ visualized grounding methods during meditation. A grounding cord is a visualized link that is said to earth one's primary energy center (the base center, or *root chakra,* as it is sometimes called) to the planet. This might be visualized as going into the earth only a few feet or to the center of the planet. Its purpose is to ground one's energies and awareness in the physical body.

The question then follows, does it make sense to use a grounding cord when you are trying to induce an out-of-body experience? If a grounding cord's purpose is to root your consciousness to your physical body, is this a good idea when you aim to project away from your physical body?

Preliminary experimentation shows that the use of a grounding cord has no noticeable effect on OBE ability. It does not seem to hinder or help, but it does involve extra work performing the visualization. We advise you to do what is most comfortable for you and your beliefs and to experiment to see what works for you. Try some sessions with a grounding cord and some sessions without.

Preparing Your Meditation Space for OBE Practice

By this time you have your meditation space set up the way you like it and you should only need to make minimal alterations for projection exit practice. Here you should make a distinction between meditation/energy/trance practice and OBE exit practice.

This week when you learn energy body loosening, and next week when you begin OBE exit practice, you will need to make slight adjustments to your posture, position, and comfort levels. The resting position during OBE exit attempts can affect what happens prior to, during, and after the exit. Lying prone on your own comfortable bed in your natural sleeping position is not ideal since many of us are conditioned to start falling asleep when we get into bed. If you are planning on using a bed for projection, do not use the bed in which you normally sleep if possible. If you must use your normal sleeping place, move the bed to another place in the room or position your head at the foot of the bed and your feet at the head of the bed.

The ideal position for projection is a semisitting posture with a slight recline of about thirty-seven degrees off the vertical (see Appendix D). Most people have more OBE success projecting from a sitting or semireclined position. This helps overcome shadow memory loss caused by falling into too deep a sleep during an OBE.

If you have ever fallen asleep in a chair, you will notice that you do not sleep as deeply as you do in bed. It is easier to wake up from a sitting position, just as it is easier to stay awake in trance in that position. This also makes it easier, if you fall asleep, to notice and wake up to take advantage of pre-OBE exit sensations.

There are several ways to adapt sitting positions to your needs. This will evolve over time. Experiment and find what works best for you. For example, if you are mentally fatigued you may want to practice in a hard-backed chair against a wall for head support or on the floor with only a pillow under your neck and knees to help keep you awake. Keep in mind that you are preparing for projection, not settling down for sleep. While

comfort is important, the ability to relax the physical body while holding the mind awake is far more important. As mentioned earlier, a little discomfort can be a good thing for projection. Try different positions and postures until you find what is right for you.

An armchair or recliner can also work for projection, as long as it has good back and neck support. A folding poolside-type recliner and foam mattress can also be pressed into service. If they are used, consider placing a board under your heels to provide slight discomfort.

A convenient method preferred by many is to prop yourself up in bed as if you were about to have breakfast there. You do not want to be too upright, as this can be uncomfortable; neither do you want to lie too flat. Try an angle of approximately forty-five degrees and then vary it to suit yourself. A hospital bed with an adjustable back is good if you have one. Hard hospital-type mattresses provide excellent slight discomfort. Bed covers should not be so heavy as to cause discomfort (unless this is by design), but you should have enough covers to ensure adequate warmth.

Take your telephone off the hook or set an answering machine to take your calls in silence. Do not play music during projection attempts. Music is distracting as it causes emotional responses and tensions, which can ruin projection attempts. Long-play recordings of rain or surf sounds are okay, as are electric fans, a TV or radio tuned off-station, or anything else that produces white noise. These can be used to mask distracting sounds from the environment around you, like traffic and people noises.

If a safe room is not practical, use a nightlight or lamp with a low-wattage bulb to offer a comfortable degree of room illumination. Many people find themselves in gloomy darkness once they get out and abort their OBE soon after the exit because everything looks sinister. Even a mild fear of the dark, when added to natural trepidation caused by being in an experientially unknown astral environment, can produce anxiety. The very best way to overcome this is to project during daylight hours. Dawn is probably the most suitable time for working people with astral anxiety problems.

Breathwork: Pacing the Breath Cycle

All your breathwork so far has led to this week's pacing exercise. The goal this week is to focus on setting a rhythm to the breathing process. Once you master this week's breathing count, you will be one short step away from the OBE breath technique used for projection in Part 2 of this program.

Regularity and flow are important aspects of breathwork. For this reason you are going to pace your breathing cycle to a simple count: breathe in for a certain number of counts, hold for a natural pause, breathe out for the same number of counts, hold for a natural pause, then repeat the process.

The amount of time taken to inhale and exhale depends on one's skill level and health. You can experiment with various counts. An example of a good starting count is to inhale for six counts, hold for a short natural pause, exhale for six counts, hold for a short natural pause, then repeat. If a six count is too long, then shorten it to four or five.

Obviously, the counting pace will affect the number of beats used for the inhale and exhale. Take it slow. The exact pace is unimportant, as long as you are consistent. The most important thing about this exercise is to use the same amount of time on the inhale as you do on the exhale. This must of course fit in with your lungs' ability to absorb oxygen.

Never force breathwork. If you find that six seconds is not long enough, use a seven or eight count. Adjust to whatever feels comfortable. The more you practice, the greater your air capacity will become. Your ability to lengthen your breath count will gradually increase with time and practice.

Optional: BrainWave Generator Preset "Week 06: Energy Body Loosening"

This week's BrainWave Generator preset is meant to enhance your ability to master the body loosening techniques you will be practicing. As before, the preset begins with the assumption that you are starting from the full awake

state. It is designed to get you into a mind awake/body asleep state of consciousness very quickly.

This week's exercises are a little different in that they are practiced in more of a prone position suitable for the OBE exit. As a result, you may find the pressure to fall asleep overwhelming. If this is the case, adjust your position to provide a more suitable level of slight discomfort. If you still find yourself falling asleep, consider discontinuing use of the BrainWave Generator preset until you become more adept at holding the trance state without drifting off to sleep.

We have included another program to promote lucid dreaming: "MAP Week 06: Lucid Dreaming." Listen to it using the same method as you have the other lucid dreaming presets. If after several days you find that this program is not as effective as one of the previous week's programs, use the one that was most effective for you. Sometimes the lucid dream programs tend to be less effective if you use the same one too frequently. Rotate these so that you are listening to a fresh preset each night.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 6
DAILY PAGES

OBE walk-through: Planning and rehearsing your first out-of-body experience is an excellent way to overcome any uneasiness about OBEs. It also helps ensure that you'll keep the first projection short, which will improve shadow memory download. The OBE walk-through requires you to plan your first OBE, then to rehearse it by physically acting it out.

Energy body loosening: Think of energy body loosening as an extension of body awareness actions. Unlike energy body stimulation, however, energy body loosening techniques call for the focus of body awareness to shift outside the physical body. Energy body loosening is another warm-up for the OBE exit. These techniques can be very powerful during the trance state, especially after the energy work routines. Often, projection-related symptoms such as the vibrations can be felt when employing energy body loosening techniques. Be prepared, as they can also bring on a full OBE exit.

DAY 36

OBE Preparation Practice and Body Loosening (Bounce Loosening)

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Bounce loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 40 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete your normal breathing routine, but this time pace your breathing cycle to a simple count: breathe in for a certain number of counts, hold for a natural pause, breathe out for the same number of counts, hold for a natural pause, then repeat the process. Remember not to force the breath.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Bounce Loosening (15 Minutes)

1. Feel the room around you with your senses and imagination. Build a picture of it in your mind's eye. Using your memory, take note of how

everything would look from your position if your eyes were open: where doors, windows, ceilings, walls, and furniture are. If necessary, take a good look and memorize everything before starting.

2. Start a full-body bounce action from head to feet, your arms resting comfortably at your sides. Continue this until you are settled into a comfortable rhythm.

3. Next, extend your point of awareness (the part of your awareness you are bouncing through your body) out past your head and feet until you are bouncing your awareness from the wall above your head to the wall below your feet if lying down. If you are sitting, bounce from the floor through your body to the ceiling above you, then back down through your body to the floor. As your awareness bounces off the wall, ceiling, or floor, use your memory-based imagination to sense what each surface would look and feel like close up. See this as if you were really there, right up close to it. Try to feel your new spatial position momentarily as it would be if you were actually there. Be aware of the spatial change and of the new position—where your physical body, walls, doors, windows, and furniture are for that single moment—as your awareness bounces off each surface. Create a snapshot of this new position in your mind's eye each time you bounce your awareness off a surface. Feel yourself being there out of your physical body for just a moment.

4. The next stage is to bounce your point of awareness away from your body in line with your face and with where your eyes would be looking if they were open and looking straight ahead. Repeatedly bounce to the ceiling above you, then back down through your face to the floor beneath the bed. If sitting, bounce from the wall in front of you to the wall behind you. Vary the awareness actions by experimenting with different bouncing speeds. Try to create a snapshot view of each wall as you bounce off it.

Daily Tips

Robert: If you have trouble with bounce loosening, stick small targets to the ceiling and walls and memorize what it is like to be up close to these targets. Recreate the image of these with your imagination during these exercises. Before starting, get up and place your face against these targets so you can really capture how each position looks and feels. Memorize what it feels like to really be there. Momentarily recreate this feeling at the end of each bounce—a brief snapshot of being there. Once you get the bounce action going, pay more attention to bouncing your awareness off the wall or ceiling than to feeling your awareness passing through your physical body. Once your body awareness is at work outside your physical body, the feel of your physical body must be allowed to slide gently into the background.

Brian: The first time I was about to do my OBE walk-through I felt a little silly. That was until I stood up and said, "Okay, I'm out of my body." Suddenly, the whole thing seemed ominous. But I stayed focused, picking out a target across the room and putting all my attention on it, mentally narrating what I was doing as I went (this helps keep your mind focused while out of body). I walked over to it, trying to imagine what moving might be like without a physical body. Next, I picked out another target and moved to it across the room. I kept moving around this way until I completed my planned first OBE circuit. Finally, I focused on a target near my body (or where I imagined my body would be) and, moving toward my practice chair, I mentally yelled, "I will remember this!" before diving back into my imagined body. Night after night I drilled this way until it was second nature and there was no question about how I'd react when I finally projected.

Your Program Notes/Observations

DAY 37

OBE Preparation Practice and Body Loosening (Bounce Loosening)

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Bounce loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete yesterday's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Bounce Loosening (15 Minutes)

1. Feel the room around you with your mind and imagination, and build a picture of it in your mind's eye.

2. Start a full-body bounce action until you are settled into a comfortable bounce speed and rhythm.

3. Extend your point of awareness out past your head and then your feet until you are bouncing from the wall/ceiling above your head to the wall/floor below your feet.

4. Repeat this as a continual bounce action. Adjust the bounce angle so it is directly in line with your torso.

5. Bounce your point of awareness away from your body in line with where your eyes would be looking straight ahead. Repeatedly bounce to the wall/ceiling above you and then back down through your face to the wall/floor beneath you.

Daily Tips

Robert: External bounce actions are crucial for stimulating dormant OBE ability. They may seem awkward and difficult at first, but they will get easier with practice. Key to making them easier is to "let go" and let the action take over. Don't think too much about what you are doing, let go and just do it. You'll find moments where this happens. Build on these moments and you will get steadily better at doing this. External bounce actions take quite a lot of concentration and energy. You will find yourself tensing up with the effort. Watch out for this and try to keep yourself as relaxed as possible at all times.

Brian: It's just like swimming: wait about an hour after you eat before making an OBE exit attempt. The first few exit attempts can be critical. Whatever you do, if you feel yourself projecting, *do not abort the OBE exit.* This will only trigger an automatic reflex response to resist the OBE exit when the pre-exit symptoms (vibrations, heart center activity, etc.) appear next time. Before you even begin your session, commit yourself. Determine at the beginning that if you feel an OBE exit starting, you will follow through in full.

Your Program Notes/Observations

DAY 38

OBE Preparation Practice and Body Loosening (Breath Loosening)

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Breath loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator luciddreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete this week's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Breath Loosening (15 Minutes)

1. Feel the room around you and take note of its spatial layout. Concentrate your awareness on your breathing action and feel yourself breathing slowly and naturally in and out.

2. As you breathe in, feel yourself expanding outward as your lungs fill to capacity—as if your physical body were rapidly expanding outward like a balloon. Feel the room shrinking around you as you expand to fill it. At the end of the inhale, try to feel your awareness filling the whole room to capacity.

3. As you breathe out, feel yourself shrinking into yourself like a collapsing balloon. Feel the room around you expanding rapidly away from you as you get smaller and smaller. At the end of the exhale, briefly feel the spatial coordinates of the entire room as being far, far away, as if you were a minute point of consciousness—a tiny spark in a giant oversized room. Repeat this exercise for as long as you wish.

Daily Tips

Robert: The above exercise—expanding and shrinking your awareness—emulates two well-known phenomena that often occur during psychic/spiritual development. The first is the feeling of hugeness, of swelling up to fill the whole room, even the whole universe. The second is the feeling of shrinking to a tiny point with the perspective of a flea. If they occur, these sensations normally happen in the trance state or similar.

Brian: Don't forget to write down your dream key words and transfer at least a few dreams to your dream journal each week. This is the point in the program when things can really start to happen. You don't want to miss them simply because you forgot to write them down. Strain your shadow memory recall skills to their limits. Before getting out of bed (or if you find yourself awake in the middle of the night), mentally review everything you've dreamed in the best detail possible. Be sure to note anything unusual or possibly OBE-related, such as flying or lucid dreams.

Your Program Notes/Observations

DAY 39

OBE Preparation Practice and Body Loosening (Breath Loosening)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Breath loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete this week's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Breath Loosening (15 Minutes)

1. Feel the room around you and take note of its spatial layout. Concentrate your awareness on your breathing action and feel yourself breathing slowly and naturally in and out.

2. As you breathe in, feel yourself expanding outward as your lungs fill to capacity—as if your physical body were rapidly expanding outward like a balloon. Feel the room shrinking around you as you expand to fill it. At the end of the inhale, try to feel your awareness filling the whole room to capacity.

3. As you breathe out, feel yourself shrinking into yourself like a collapsing balloon. Feel the room around you expanding rapidly away from you as you get smaller and smaller. At the end of the exhale, briefly feel the spatial coordinates of the entire room as being far, far away, as if you were a minute point of consciousness—a tiny spark in a giant, oversized room. Repeat this exercise for as long as you wish.

Daily Tips

Robert: If during these body awareness loosening exercises you start to feel OBE exit symptoms (like vibrations and rapid heartbeat and falling sensations), stop the bounce action, stay calm and unemotional, and use the third-eye trigger method. This should intensify the vibrations. If the OBE exit sensations begin, keep your mind clear and continue the bounce action and just go with whatever happens next.

Brian: OBE exit symptoms can be startling when they happen for the first time, especially if you've been happily doing your energy work up until now without any serious attempt at an OBE exit. Suddenly, the notion that you are truly a spirit in a body takes on an entirely new meaning. This is when it all becomes very, very real. First and most importantly, remember to remain calm and not to get overexcited. You might even consider adding the exit symptoms portion of the projection to your routine OBE walk-through. Instead of starting from the standing, out-of-body position, lie down and imagine what the exit symptoms feel like. Anticipate how calm and collected you'll be when your heart center starts racing and you are consumed with whole-body vibrations; how nonchalantly you'll slip out

and execute your first real astral projection—following your planned OBE walk-through, of course.

Your Program Notes/Observations

DAY 40

OBE Preparation Practice and Body Loosening (Spin Loosening)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Spin loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete this week's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Spin Loosening (15 Minutes)

1. Bounce your point of awareness at eye level back and forth to the wall or ceiling directly in front of you a few times.

2. Now move your point of awareness clockwise around the room, briefly touching and sliding off each wall/ceiling and wall/floor surface in passing.

Circle the room continually, taking one to three seconds for each circuit. This speed can be varied to suit what feels natural.

3. As your point of awareness circles the room, feel it sliding and brushing gently over the interior surfaces of the room. Stay aware of your changing perspective in the room as your point of awareness spins around you. Feel yourself and your point of awareness spinning around the circumference of the room. Try to feel your spatial coordinates changing around you as you spin exterior to your body. Imagine and feel that your face is circling the room, that you can almost see the walls as your view moves past them.

4. Feel yourself spinning inside your body, and feel the room around you moving as you spin. Settle into a steady spin at whatever speed you feel most comfortable with. If you continue this, your mind will at some point be tricked into accepting that you are actually spinning outside your body. When this happens you will feel momentary falling sensations inside yourself, brief sensations of vertigo. These brief vertigo events can happen many times while using exterior bounce techniques. This technique can easily trigger the projection reflex, so be prepared.

Daily Tips

Robert: Any body awareness action that holds a point of body awareness exterior to the physical body is extremely difficult to hold if it is kept in one place only because this is a totally unnatural thing to do. It is far easier to hold a point of awareness out if it is kept constantly moving. Movement tricks the mind into momentarily accepting the existence of exterior points of body awareness and consciousness. Doing this has the effect of slowly training your subconscious mind. This teaches the inner you that it's okay for you to exist outside your physical body.

Brian: The spin loosening technique is another exercise in which you'll want to walk around the room beforehand to get an idea of what this looks like when you're actually trying to visualize it. The challenge here is to really feel that you're moving around the room, sensing how the

perspective changes in relationship to where your awareness is moving. It helps to start slow with this one until you're accustomed to the visualization and then speed it up.

Your Program Notes/Observations

DAY 41

OBE Preparation Practice and Body Loosening (Spin Loosening)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Spin loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete this week's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Spin Loosening (15 Minutes)

1. Bounce your point of awareness at eye level back and forth to the wall or ceiling directly in front of you a few times.

2. Now move your point of awareness clockwise around the room, briefly touching and sliding off each wall/ceiling and wall/floor surface in passing.

Circle the room continually, taking one to three seconds for each circuit. This speed can be varied to suit what feels natural.

3. As your point of awareness circles the room, feel it sliding and brushing gently over the interior surfaces of the room. Stay aware of your changing perspective in the room as your point of awareness spins around you. Feel yourself and your point of awareness spinning around the circumference of the room. Try to feel your spatial coordinates changing around you as you spin exterior to your body. Imagine and feel that your face is circling the room, that you can almost see the walls as your view moves past them.

4. Feel yourself spinning inside your body, and feel the room around you moving as you spin. Settle into a steady spin at whatever speed you feel most comfortable with. If you continue this, your mind will at some point be tricked into accepting that you are actually spinning outside your body. When this happens you will feel momentary falling sensations inside yourself, brief sensations of vertigo. These brief vertigo events can happen many times while using exterior bounce techniques. This technique can easily trigger the projection reflex, so be prepared.

Daily Tips

Robert: External body awareness actions (especially spin loosening) can cause lightheadedness and queasiness in your stomach when you put a lot of concentration and effort into them. Your energy flows to where your attention goes, and your consciousness flows to where your awareness goes. In this week's exercises, your consciousness is gamely trying to keep up with some highly unusual stuff indeed. It is being stretched way beyond its normal limits, trying to be in two different places at once, rapidly changing from wall to wall. Rapid external spinning actions are like mini-OBEs. They confuse your natural sense of being singular (of being in only one place at one time). You don't realize these mini projections while doing it because they are too brief, but the inner you tries to follow your externalized awareness all the same. There will be moments while doing

these exercises where you will “let go” for a moment. When this happens, everything accelerates and there will be special moments where you will not totally be aware of where you are or what you are doing. This disassociation from your physical body is paramount to briefly experiencing life separately from your physical body—life as a free spirit without material boundaries. The whole idea is to give you a basis to build on.

Brian: If you find your mind wandering during this exercise, use your will to focus on the mental imagery and the feeling of movement. The sense of disorientation during spin loosening can be dizzying, but this is the effect that you are trying to achieve. If you find yourself blanking out during the process, take a few deep breaths, refocus, and start over. Blanking out usually means you have had a momentary OBE too brief to recall. It’s a bit like fainting—moving briefly in and out of exterior OBE perspectives.

Your Program Notes/Observations

DAY 42

OBE Preparation Practice and Body Loosening (Imagination Loosening)

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Read chapter 7
	OBE walk-through
	Optional: Week 6 BrainWave Generator
	Relaxation: Whole body (5 min.)
	Breathwork: Pacing the breath (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening: Imagination loosening (15 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Week 6 BrainWave Generator lucid dreaming (20 min.)
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am present in the moment. I draw my energy back to me from wherever or whenever it is. I release other people's energy that has accumulated in my space, recognizing the healing in letting go.
EVENING	I become conscious and lucid during my natural nightly projections. I awake full conscious in my projectable double. I follow my OBE plan, keeping it short in an effort to remember.

Estimated energy work time: 45 minutes

OBE Walk-through

Rehearse your planned first OBE. Don't just imagine it, get up and practice.

Optional: BrainWave Generator "Week 06: Energy Body Loosening"

Begin listening to the preset when you start your relaxation exercise.

Relaxation: Entire Body (5 Minutes)

Complete the deep physical relaxation exercise.

Breathwork: Pacing the Breath (5 Minutes)

Complete this week's breathing routine, pacing your breath cycle to a simple count.

Energy Body Prestimulation (5 Minutes)

Stimulate your feet, legs, hands, and arms.

Optional: Energy Raising: Full-Body Circuit (5 Minutes)

Do the full-body bounce, then spend a few minutes doing the full-body circuit.

Optional: Primary Center Stimulation (15 Minutes)

Stimulate each primary center from base to crown.

Trance with Third-Eye Trigger (15 Minutes)

Complete your yogic eye stretches and relax. Spend a few minutes quieting your mind and use your preferred trance induction technique. While in

trance, silence all internal dialogue and practice the third-eye trigger technique for as long as is comfortable.

Body Loosening: Imagination Loosening (15 Minutes)

1. Imagine yourself slowly getting out of your body and floating to the door of your room. Feel and be aware of where your physical body is and its spatial coordinates as you float away. Leave it behind but be aware of where it is.

2. Move through the door as if you were really projecting and feel yourself floating away from your physical body. Move around the house, imagining as much detail as you can.

3. Look into a few rooms and then leave the house and float farther afield. Go as far as your memory will take you. This does not have to be perfect. Stop and briefly examine landmarks and points of interest along the way.

4. As you move, try to feel yourself actually being away from your physical body. Be aware of where your physical body is in relation to your imagined OBE location. Keep moving your imaginary double at all times to ease the mental pressure of this exercise (movement makes it easier). Moments will occur during this exercise when you will suddenly experience the feeling of actually being where you imagine yourself to be. This will cause a momentary falling sensation, often accompanied by a warm and tingling trickle of energy up through your stomach and chest. This is an excellent sign. It shows you are successfully exteriorizing your awareness and are exerting a great deal of pressure on your projectable double. This trickle of energy indicates that your projectable double is being generated, if only momentarily.

5. Once you can imagine yourself being out of body, you can also imagine yourself flying or instantly projecting to other familiar remote locations, other houses, towns, or countries. Imagine yourself floating up into the air

and flying around. Imagine what this would feel like and what the world would look like from way up there in the sky.

6. Imagine yourself instantly projecting to another place, anywhere. Feel this new location appearing around you. To finish this exercise, see yourself projecting back into your room and seeing your physical body. Imagine yourself floating up to and re-entering it, using high emotion and key words to cement your OBE memories. Always do this during conscious re-entry or when you feel your physical body pulling you back home.

7. As you do this exercise, work on feeling yourself as being away from your physical body and seeing your imaginary recreated world as it would be through your projected double's eyes. This exercise can also trigger the projection reflex. If this happens during this particular exercise, you may feel projection sensations only remotely, as if from a distance. You may also feel nothing and just suddenly find yourself in your projected double at the remote location where you are imagining yourself to be.

Daily Tips

Robert: During the imagination loosening exercise it is quite possible you will at times find yourself genuinely out of your body. This is a bit like the "astral transference" method that you will encounter late in Part 2 of this program. You will sense when this happens as, suddenly, you will not have to concentrate so hard on imagining where you are. If you find yourself out of body, immediately head back to your physical body and make a deliberate re-entry, savagely shouting your key memory trigger words.

Brian: The imagination loosening method is one exit technique where it pays to have gone through a walk-through. By now, you should have no problem imagining what it will be like to project away from your body. If you haven't gone through the walk-through in a while, do it today before your exit attempt. It's best to do it every day of this program.

Your Program Notes/Observations

Before Moving On

This week you should have:

- adjusted your meditation space for OBE exit practice;
- begun exercising your eye muscles for the third-eye trigger technique;
- learned to pace your breathing without force;
- become familiar with the most common symptoms of OBE exit;
- practiced energy body loosening methods;
- planned and rehearsed for your first OBE.

PART 2

Liftoff

Early this morning I was lying in an uncomfortable position and drifting in and out of sleep. At one point I became conscious and felt my body kind of far away. It didn't like the feeling of this and wanted to move my hand, thinking that this would bring me out of the state.

Then I felt these painful electrical sensations. These really helped me become more conscious. I got curious and induced a feeling that I was in front of myself and this made the electrical sensations speed up until they turned into one enormous buzz.

I tried to float out of my body but this made the buzzing recede. It didn't take me long to get the buzzing back. When they were at the same intensity I tried rolling over to see if that would get me out of body. It did. I slowly floated to the floor, then attempted to open my astral sight, but I opened my real eyes instead.

* * *

I projected on purpose for the first time last week! Robert Bruce's book, Astral Dynamics, *really did the trick. I haven't even finished the book yet, but what I have read has helped immensely.*

I projected from a sitting position. I was fairly relaxed from the relaxation techniques and somewhat tired. Before I projected, I started hearing gonglike sounds. I had read about astral noises before, so I wasn't worried.

I felt myself rise out of my body and saw the ceiling getting closer, even though my physical eyes were closed. Unfortunately, that is all I saw. I wonder if I didn't remember the rest of it or if I startled myself back into my body. But I have read that you shouldn't stay out too long on your first attempt, so I guess it's not that bad. At least I got out.

WEEK 7

Anatomy of an OBE

What to Expect

- The exit: doing what works for you
- Walking through an OBE
- Returning to your body
- Breathing and the OBE
- More brow center trigger
- The preprojection routine
- Important things to remember
- *Optional:* BrainWave Generator instructions
- Exit techniques
    - *Rope*
    - *Reverse rope*
    - *One-handed rope*
    - *Chasm-crossing rope*

In Part 1 of this program we introduced the fundamental skills for inducing a conscious-exit out-of-body experience. You learned the steps for deep physical relaxation. You practiced techniques for clearing your mind and inducing a basic trance. You also learned meditation breathing, how to stimulate your energy body and its centers, and other OBE preparation skills.

Learning how to induce an out-of-body experience involves a different journey for everyone. A group of people can follow this program to the letter, but individual results will vary considerably. That is because everyone is different, with different natural abilities, skills, beliefs, fears, and problems. Learning to project is full of twists and turns. Success takes patience, practice, and persistence.

Part 2 of this program is about refining the fundamentals of Part 1. It's about learning what works for you and then applying the right combination of steps. It's about practicing and learning through trial and error, adjusting and readjusting until your energy body responds in just the right way.

Along the way we'll guide you around common pitfalls and teach more advanced techniques. This week we'll be walking you through what a typical OBE exit might be like for you and answer some predictable questions. Next week we'll delve deeper into fears and beliefs that might be holding you back and discuss ways to make you more comfortable with the thought of an OBE exit. In future weeks we'll cover the relationships and distinctions between OBEs and dreams, some common stumbling blocks and solutions, and ways to improve shadow memory recall.

In Part 2, your daily practices will be variations upon a central theme. The idea is to adjust what you're doing in small increments and then see how it affects your ability to project. This might mean meditating in the morning rather than the evening, varying your diet or sleeping habits, or modifying how much time you spend raising energy or stimulating your primary centers.

Throughout it all you'll still be writing down your dreams and using affirmations. You'll still be practicing breathwork and meditating in a hard-backed chair. At the same time you'll be introduced to new exercises and techniques in the quest to find that sweet spot: the perfect combination of factors that will project you out of your body.

Each week you'll be introduced to three new OBE exit techniques. You'll have plenty of time to practice them before moving on to the next. By the

end of the week, you should be comfortable enough with each of them to be able to alternate between all three. Sometimes all it takes is a little variety to take that final step to a full OBE exit.

Before moving on, give yourself permission to fail. Think positively, but also know that it's okay if you don't get out of body the first, second, or even the twentieth time you attempt to project. Let go of your expectations, ambitions and fears and give yourself time to work everything out. Get out of the way of yourself and just let it happen.

Commit yourself to practicing every day. Even if you can only manage to do some concentration, mind taming, and energy raising on the way home from work, try to do *something* constructive every day.

This is the point to reaffirm your resolve, to lay aside fears, and to find the motivation—that extra little *oomph*—that will allow you to experience astral travel. You made it this far and it is only a short distance farther. Do not let your fears, doubts, and frustrations intimidate you. You are closer than ever before to experiencing astral projection firsthand. A hidden universe awaits you. Persevere and succeed!

Now sit back and relax as we begin the launch sequence. It's time to fly!

A Step-by-Step Walk-through of the Exit

What will early OBE exits be like for you? This section will set reasonable expectations by giving you some idea of what you might encounter. The exit out of body can involve major visceral sensations for some. These can be disturbing—even frightening—if you don't know what to expect. Yet once you learn that these are merely harmless energy body precursors to OBE, you will actually *want* to induce these sensations. Then what might otherwise have been alarming will add to your enthusiasm once you realize that you are on the verge of getting out of your body. After all, this is what our program is all about.

To start with, let's cover the most commonly reported OBE exit–related symptoms in order of prevalence. You may experience none, some, or all of these symptoms during early OBE exits. These will steadily reduce in intensity during subsequent experiences. The purpose here is to highlight common OBE exit sensations so you can recognize and understand what's happening and why. This will greatly reduce your fear level during the projection process.

The OBE exit is intimately linked with the sleep process in that your physical body must be in some level of sleep for an out-of-body experience to occur. Sleep is also closely related to the trance state in that the physical body falls asleep when the trance state is entered. Levels of trance have direct relationships with known levels of sleep (e.g., light, full, deep levels of trance). During an awake OBE exit, spontaneous or induced, your mind remains awake after your physical body has fallen asleep. Everyone experiences a natural period of trance while falling asleep, if only for a few moments. This period is therefore the prime time for a projection to occur and the most likely time for a spontaneous OBE. This is why this program teaches deep physical relaxation and trance induction techniques and stresses these as fundamental to inducing an awake OBE exit.

During the OBE exit, your energy body will create a subtle duplicate of itself (of you), complete with a full copy of your conscious mind. This is a spectacular feat when you think about it, and yet this happens naturally and unnoticed whenever you sleep. The major difference here is that you will be fully conscious when this happens. In a way, awake consciousness throws a wrench into the workings of natural sleep-induced projection. It is the presence of awake consciousness that produces the bulk of the strange and often-powerful sensations associated with the awake OBE exit.

What follows are typical OBE exit sensations. For our purposes, imagine yourself lying on a recliner at a slight angle. You are extremely physically relaxed, your mind is clear, and you are in a light to full state of trance. You feel vague, wispy energy sensations on your face. This is the cobweb

sensation that is associated with energy movement in the face and brow center. They itch a little, but you ignore it and continue with your mission.

Gradually your physical body falls further into sleep but your mind remains awake and alert. As this happens you feel a vague sense of swaying or a falling sensation, as if your chair or bed has disappeared. You are relaxed and in control, so none of this bothers you. You allow that internal sense of movement to happen without tensing a muscle.

Now you begin using an OBE exit technique. The sensation of swaying or falling increases. You feel spontaneous energy movements tingling throughout your body and a peculiar sensation of vertigo in your stomach and solar plexus. These are similar to some of the things you have felt during energy body stimulation, but this time they are happening of their own accord. You feel the pressure to fall asleep and find yourself blinking in and out momentarily. You struggle to stay conscious and focused. You've had plenty of practice and have grown accustomed to staying lucid while straddling the edge of sleep.

You might begin to feel pressure sensations in your body, especially in your forehead. This can increase until your head feels like it's being squashed. You may also feel an uncomfortable choking sensation in your throat and feel like you are not getting enough air. You might also feel your body expanding until you feel huge and swollen or you could feel yourself shrinking until you feel infinitesimally small. However, you know enough to ignore these sensations as best you can. You know they will not hurt you.

At some point you may find you are unable to move, a phenomenon called *sleep paralysis*. This indicates that a projection is close (or has taken place without you knowing). Paralysis makes you feel a bit uneasy, but you know that this is OBE-related and will not harm you, so you continue using your OBE exit technique. (We'll discuss sleep paralysis more in Week 8.)

You begin to hear astral noise, the sound of buzzing or humming or white noise static like a radio tuned off-channel. Astral noise comes in many forms—the sound of heavy chains dragging, footsteps, laughter, growling,

even voices addressing you by name—and they all seem very real. But you've experienced these before during earlier OBE attempts and so know that they are nothing to fear. (We'll also cover astral noise more thoroughly in Week 8.)

Now the famous vibrations begin, patchy at first and mainly from the waist down. It feels like your body is conducting electricity. This doesn't break your concentration and you remain focused and relaxed. You feel very heavy and your legs and arms feel like they are floating just outside your body. You ignore all this and continue focusing on your OBE exit technique.

Suddenly your heart feels like it is racing. You don't let this distract you. You know this is not your true physical heart beating but your heart center (a primary energy center) working overtime to generate your astral body. You know you are on the verge of projecting, so you keep your mind clear and work harder at your exit technique. The vibrations increase until your whole body is buzzing and your heart center is racing impossibly fast. You feel a sense of continual falling. All these sensations increase until you feel like you are going to explode.

Finally it happens: you hear a distinct "click" near your head and feel intense energy movement surging through your solar plexus. A novice projector might black out momentarily at this point. Then, with a whole-body buzzing sensation, you float out of your body. You now exist independently from your physical body.

You perceive the room around you clearly and float quickly away from your physical body so you don't get sucked back in. You finally did it! You're out! But as excited as you are, you don't let your emotions ruin the experience. You know that you must remain calm and in control, an objective observer at all times. You understand that the quality and duration of this OBE depends upon you maintaining a tranquil state; too much excitement will quickly terminate the experience.

This is what a typical conscious-exit projection is like—that is, if *typical* can be used to fairly describe such an experience. In later weeks we will go into more detail about the various aspects of the exit, the projection itself, and ways of returning to your body that will make it easier to remember. You now have a basic understanding of what you might encounter during an OBE exit should you find yourself successfully projecting during a practice session. Some people will have only minor sensations, or even none at all, during early OBE exits. Still, it's best to be prepared for the stronger variety in case they happen. This gives you a better chance of ignoring them and accomplishing the OBE exit successfully.

It is important to remain calm at all times before, during, and after an OBE exit. You don't want to get so excited that your first exit terminates before you get out. This is an extremely common pitfall. You also don't want to get scared and panic so you fight to abort the OBE exit. This can set up subconscious reflexes to stop future projections before they start or the moment OBE exit symptoms appear.

The moment you separate from your physical body all heavy exit sensations will cease. Therefore, the best way to stop them is to go through with the exit. Fighting to abort an OBE exit in progress will only magnify and prolong heavy exit sensations.

It is important to remember not to move a muscle. As tangible as exit sensations are, these are solely energy body sensations. Just go with the flow and have a little faith and you'll be just fine. Any movement of your physical body, including trying to open or blink your physical eyes, will terminate OBE exit sensations or abort the projection entirely.

You do not need to open your eyes after the OBE exit. Your projected double does not have eyelids per se, and thus your "eyes" will already be open. In fact, you will often start seeing through your closed physical eyelids before you get out of body (astral sight).

Finally, remember to maintain focus on your OBE exit technique. Ignore everything you hear, feel, and experience, and concentrate on completing

your projection. Remain calm and motionless, relaxed and focused, and everything else will take care of itself.

Reality Fluctuations

Reality fluctuations are something you may have already experienced if you have had OBEs before. These are especially likely during early conscious OBEs.

The first time you leave your body it's common to remain in or close to the real-time zone. This is the area of the astral that most closely resembles the real world. For example, if you are reclining in a chair when you project, once you are out of body you are likely to see the chair and your body sitting in it. The room will look basically the same as it looked before you left your body.

A reality fluctuation occurs when the real-time zone differs from the known physical environment. For instance, you may find a different kind of lamp on the table beside your chair or the lamp might be on the other side of the room. You might notice missing or extra furniture, doors, windows, and various other items set out of place. Sometimes you might even find the floor plan of your house mysteriously reversed.

A common reality fluctuation is to look back to where you left your physical body and find it missing. It is possible that some people find the idea of being in two places at the same time subconsciously difficult to accept. This could be enough to trigger a reality fluctuation that hides your physical body. Don't worry if this happens. It will still be safely where you left it; it just isn't visible for the moment.

Reality fluctuations are so common that they are considered a characteristic of the real-time zone. They can happen at any time but generally become more pronounced as a real-time OBE continues. They can grow especially acute after you pass through doors, windows, mirrors, or walls.

If you have experienced symptoms of projection and find yourself out of body but don't see what you expect, at the very least you are having a lucid dream. However, you have likely projected and are encountering reality fluctuations or you have skipped the real-time zone entirely and slipped straight into part of the astral planes. These are things that all projectors occasionally encounter. It's best to ignore reality fluctuations and go on with the OBE as best you can. (More on reality fluctuations in Week 9.)

Returning to Your Body

One common fear for people new to the idea of an OBE is that they will get lost or not be able to return to their physical body. As we've discussed, when you project you never actually leave your body. You create a perfect thinking energy *copy* that can operate independently from your physical body. Your conscious essence, mind, spirit, and soul remain firmly rooted inside your physical body. This waits for your projected double to return and, hopefully, download its OBE memories. Theoretically, if anything were to happen to your astral double during an OBE, you would still wake up just the same, maybe with a bit of tiredness and a headache.

In practice, the fear of being disconnected from one's physical body is less concerning than one's ability to remain out of body for a reasonable length of time. Maintaining the OBE state, especially in the real-time zone, takes a delicate balance of mind and energy. Any focus on the physical body, however slight or inadvertent, can suddenly end a projection by triggering reintegration. For example, if you think about scratching your nose, this thought can trigger instant reintegration and end the OBE. Returning to the physical body is rarely a problem.

The only time re-entry difficulty can arise is if your physical body falls into a deep sleep while an OBE is in progress. Reintegration requires the physical body to wake up slightly. Sometimes even a good shaking will not wake some people from deep sleep. If this ever happens to you, don't panic! Fly away and have fun and wait for your body to wake up and reel you

back. This *will* happen and if you are patient and don't panic you'll be none the worse for wear. Panicking can create a morbid fear and subconsciously prevent future OBEs, even if you don't remember the experience of panicking while out of body.

The larger challenge is not about returning to or staying out of body, but about remembering the projection afterward. If OBE memories are not downloaded into a recallable level of memory, an OBE simply cannot be realized. And if you cannot remember something, it may as well not have happened in the first place.

Recalling Shadow Memories

We'll discuss OBE shadow memory recall techniques more in Week 11. If you should successfully project right away, follow your plan. Carry out your OBE just as you practiced in your walk-through.

The three major techniques to improve OBE memory recall are:

1. Keep your first projection very short— under thirty seconds—then dive back into your body.

2. As you are diving back in, scream out a key phrase such as "I will remember this!" or "Geronimo!", something to jog OBE memories after reintegration.

3. Write down key words to describe your OBE immediately.

Now that we are beginning OBE exit practice, shadow memory recall skills are more important than ever. This is the period where you're more likely to wake with bits of lucid dream and OBE memories. Keep recording key words and occasionally transfer them to your dream journal with full narratives.

Be on the lookout for OBE exit–related symptoms when you first begin to wake up in the morning. For example, you might feel gentle vibrations in your body, a gentle pulsing in your heart center, a mild floating sensation,

and so on. Anything out of the ordinary can be used to spark associations that could trigger OBE memories. Be vigilant and aware as you awaken.

Your OBE Journal

In Part 1 of this program you used your journal to gauge progress, noting observations and transposing key words to more detailed dream and OBE-related entries. As your journal grows more substantial, it becomes a better tool for learning. Each night when you finish your OBE exit session, make a journal entry answering these questions: What went right during this session? What went wrong? How can I improve next time?

In a few weeks you will be using your journal to examine your progress and determine ways to adjust the program to make it more effective for you. Your journal will play a key role in that process, so please diligently record your progress.

Breathing and the OBE

The OBE breathing technique you are about to learn can help you achieve a conscious-exit projection. It can augment mild or patchy vibrations and bring on the full vibrational pre-OBE exit state. Think of this OBE breathing technique as a tool on your preflight checklist right alongside mind taming, relaxation, and trance induction techniques. You'll want to have OBE breathing at the ready when you find yourself on the edge of an OBE exit and need a little extra thrust to separate.

Since the beginning of the program you have been practicing and refining your breathwork skills. This week fits the last component in place. As before, you should visualize clean air coming into your body on the inhale, and stale energy departing it on the exhale. You'll want to breathe in from top to bottom, and empty yourself from bottom to top. Also, as before, you'll want to valve your glottis to pace the intake and expulsion of air.

Last week you learned to apply a ratio to your breathing: breathe in for eight counts, pause normally, breathe out for eight counts, pause normally,

then repeat the cycle. (If you did not use an eight count, apply the concepts that follow to the count you used.) This week you will begin to change the pace to work up to the following: breathe in for eight counts, hold it for eight counts, exhale for eight counts, pause normally, then repeat the cycle for a ratio of 8:8:8:0.

You do not want to just start breathing with an 8:8:8:0 ratio all at once, however. Begin as you have before, with a minute of breath awareness at normal breathing levels and gradually deepening the breath over six to twelve counts. When you reach deep breathing levels, start with last week's count of 8:0:8:0 for four breaths. Then increase it to 8:4:8:0 for four breaths, then 8:6:8:0 for four breaths, and finally to the 8:8:8:0 ratio.

The idea is that at some point during the OBE breathing technique you will project out of body. However, if you fail the exit, you shouldn't just stop the 8:8:8:0 breathing ratio all at once and begin breathing normally. Ease off gradually. Take it down to last week's 8:0:8:0 breathing ratio for six breaths before steadily decreasing to normal levels.

The OBE breathing technique needs to be practiced for it to become a relaxed and effortless way of breathing. It might take you a little while to get used to the new pace. Take a few minutes to run through it apart from your OBE preparation routine until you grow accustomed to using it. If an eight count seems too long, shorten it to seven or six or simply count faster. If it seems too short, extend it to nine or ten or count more slowly.

You should find that this breathing technique gives you access to more energy. In fact, if you're feeling tired and worn out in the middle of the day, spending five minutes with this technique should have a pleasant, refreshing effect.

Keep in mind that this breathing ratio will also result in slightly higher blood pressure while it is being used. If you suffer from heart disease, glaucoma, a neck injury, or any other condition in which temporarily high blood pressure could be problematic, consult your medical doctor before

using this technique, or simply remain with the breathing ratio covered last week where no breath holding is involved.

There are several ways to implement the OBE breathing technique into your routine. One way is to use it in conjunction with the full-body circuit. Use full, deep, measured breathing while drawing energy up through your body and down into your subnavel storage area. This addition increases the amount of energy that can be moved and stored.

A second way is to apply breathing techniques during the relaxation exercise. The key here is to develop your deep breathing skills so that you don't tense up during the long breath cycle. Rather, it should further relax you. Breathing should be as full and as natural as possible. Don't force it or allow it to distract or overly preoccupy you.

A third way to use the breathing technique is when you're quieting your mind before getting into trance. Full, deep breathing (such as the measured belly breathing technique) in combination with visualizing dark, cloudy energy leaving your body on the exhale and clear, light, colorful energy entering on the inhale can, under the right conditions, be enough to trigger the vibrations leading to an OBE exit. Again, the key is finding a natural pace that will allow you to continue deep breathing without it becoming distracting.

Breathing in general is important during the exit techniques that you'll begin practicing this week and for the remainder of the program. Some people have the tendency to hold their breath while using OBE exit techniques or during the onset of preprojection sensations. This is exactly the opposite of what you should do. Take full, relaxed breaths at all times while employing exit techniques, but don't obsess about breathing. In general, you'll want to make great mental exertions during the exit techniques and focus all your will and awareness on triggering the exit. However, mental effort should never be allowed to cause physical tension or strain, and this includes your breathing.

At some point while practicing OBE-related techniques you will probably experience the famous vibrations. When vibrations occur for the first time, the challenge is to overcome astonishment and trepidation. How you react, especially to full-body vibrations, can mean the difference between success and failure. Surprise can interrupt the delicate equilibrium you've achieved to bring on OBE exit symptoms in the first place. Breathing can help restore calm so you can finish your exit.

Using Brow Center Trigger to Cause Vibrations

Last week we introduced you to the brow center trigger technique. This week we are going to put it to use. The brow center trigger has two functions. First, it is an effective way to quell surface mind chatter. Second, it can act like an inner switch that, under the right conditions, can trigger or magnify OBE exit vibrations.

Some people may find the brow center trigger a little difficult at first. There is a tendency for new students to tense forehead and facial muscles while holding the eye position. With regular practice eye muscles and tendons soon stretch and become accustomed to holding this position comfortably. Practice this eye position for a few seconds several times a day and you will soon learn to hold it with ease.

The Preprojection Routine, from Relaxation to Body Loosening

In the weeks leading up to Part 2 of this program your daily routine changed as you learned new techniques and gradually integrated them into your daily practice. From this point on, your OBE preparation sessions will have only minor day-to-day adjustments. This is because Part 2 involves learning what works for you and fine-tuning your routine to get the most out of your efforts.

The basic pre-OBE routine is as follows: First, take a few minutes to go through the OBE walk-through. Next, settle into the position from which you plan to project. If you are using the BrainWave Generator, put on the headphones and start the program.

Now go through the relaxation exercise. You've been practicing this since the beginning and by now you might have developed a tendency to cover relaxation only superficially. This is a common pitfall. Resist the urge and be thorough. Challenge yourself to relax as much as possible. Every day try to become a little more relaxed than the day before.

Take at least five minutes to practice the OBE breathing technique and begin to quiet your mind. Practice this for as long as is comfortable. You might find that this step alone is enough to get the OBE exit symptoms started.

Next, spend ten to fifteen minutes doing energy work—either the full-body circuit or primary center stimulation or both. These two steps aren't necessary every time you make an exit attempt. For example, you may try early in the morning just after waking. In this case it is often best to go straight to an OBE exit technique to take advantage of your deeply relaxed state. In general, always practice some energy work. Some people find that spending a little time stimulating primary centers helps bring on vibrations easier. For others, the full-body circuit provides the same effect. Always take a few minutes to prestimulate feet, legs, hands, and arms with awareness actions.

Experiment; one day use only primary center stimulation. On another day do just the full-body circuit. On another day do both. Vary the length of time you practice each and gauge your sensations and results. Even if a specific combination isn't effective one time, repeat it at other times to make sure. As you gain experience, you'll find that your intuition will start to guide you toward the best combination for you; be flexible.

Now spend a few minutes quieting your mind. This is also a good time to run though the full-body circuit. Move your eyes to the brow center trigger

position, as this helps quiet the mind too. When you've spent some time shutting down verbal thoughts, double-check your body and try to relax even more. Often it helps at this point to target tense areas with brushing and sponging techniques to help them relax further. From this point on avoid physically moving unless you become really uncomfortable for some reason. You want to remove your attention completely from your deeply relaxed physical body.

Next, employ one of the trance-inducing visualization methods. By now you may be able to determine when you're going into a light or medium trance. Use this to gauge how long to use the technique. Sometimes it helps to switch trance induction methods midstream. This adds variety and helps maintain sharpness throughout the exercise. Vary the mental imagery to keep things fresh.

Now begin an energy body loosening method, such as bounce or spin loosening. This is also a good point to practice your OBE breathing technique. Try to hold your eyes in the brow center trigger position. If they've drifted away, gently coax them back into place and continue energy body loosening for several minutes. Vary the technique as desired to help maintain lucidity. Follow this by employing the exit technique given for the day.

Overview of Exit Techniques

Achieving a conscious-exit OBE requires a delicate mental/physical balancing act. This can be likened to a toddler learning how to walk: to cope with gravity, body weight, balance, and coordinate many undeveloped muscles. It takes practice! This especially applies during early OBE training where projectors attempt to hold deeply relaxed physical and mental states while trying to use an OBE exit technique while also trying to deal with a lot of new and sometimes pretty major sensations and emotions. There are many new things to experience and adjust to during this critical time. Plus,

these things must all be done perfectly or you will lose control and fall back into the full waking state.

With conscious-exit projection you are trying to balance on the edge of sleep and wakefulness (the trance state), remain completely relaxed while your body fills with strange new sensations, and stay focused when everything around works to distract you. “Don’t tense up.” “Keep your mind clear at all times.” “Move your eyes to brow center position.” “Focus on the exit technique.” “Don’t fall sleep.” The list seems endless, but you’ll soon get the hang of it with practice.

Putting together all the elements required for inducing an OBE won’t happen all at once. It will take time for your brain to harmonize everything. This will require practice and patience. However, the more time you spend applying these skills, the faster you’ll coordinate everything until, like walking, it becomes second nature.

It is difficult to judge when OBE exit sensations will appear. Be prepared for early success; you may project the first time you try. More likely it will take a lot of practice and many OBE exit attempts. For the next seven weeks you’ll be introduced to many new OBE exit techniques. Give yourself time, be patient, and stick with the program as best you can.

Each week you will be introduced to three new exit techniques, one every other day. On the last day of the week you can practice any of the OBE exit techniques that you found most effective or you can use all three and alternate as desired. If you stumble onto a technique that seems to provide results right away, use it every day but also try the new ones and see how effective they are. Try them all but stick to what works for you.

OBE exit techniques fall into two main categories. Some techniques are passive. For example, you might imagine yourself completely still and relaxed while something is happening to you, such as floating, flying on the end of a rocket, and so on. Other techniques are active, in which you imagine your body moving (walking, pulling on a rope, climbing a ladder, etc.). Yet all exit techniques have one thing in common: they all involve

exteriorizing your sense of self and body awareness. Later in the program, once you get experience using these techniques, you can modify them or come up with your own. We'll discuss the specifics of developing your own techniques in Week 11.

Before we begin exit practice, a word on motivation: enthusiasm and motivation are pure energy in action. They are key to successful conscious-exit projection. This is the mechanism by which you liberate your energy stores and form that all-important projectable double.

Whenever it's time to use an exit technique, resolve that this is it, this is the time you are going to have an OBE. Put all your mental energy and effort into the task at hand. While physically remaining perfectly relaxed and at ease, mentally grit your teeth and focus all your energy into the task. Be brave and resolute. Decide that you are going to project here and now and put all your will into making this happen!

Rolling-out OBE Exit Method

We have included the rolling-out OBE exit method here because it is a great help for finishing off an OBE exit. It can, of course, precipitate an OBE exit on its own, but it is particularly useful when you get stuck only partly out of your body and need something to complete the exit.

Imagine and feel yourself rolling and twisting to the side as if you were rolling out of your bed or your chair. Try one side, then the other. Recreate the feeling of whole-body movement with your body awareness. Feel your whole body and feel yourself rolling out of your body. Do not allow your muscles to tense. Use this method along with other techniques, varying between them at times. If you feel strong OBE exit sensations but don't feel yourself moving out of body, or if you find yourself only partially out, use the rolling-out method to finish off your exit.

Important Things to Remember

Let's review a few critical items to keep in mind as you go about your OBE exit practice. First, remember to keep your eyes closed at all times. You can't project with your eyes open.

Next, relax, relax, relax. Don't move or tense a muscle, even when you're putting all your mental effort and focus into an exit technique. Periodically run through areas of your body to make sure they are perfectly limp and loose.

Remember to breathe. Controlling your breathing or breathing more deeply will not interfere with the OBE exit. Practice the OBE breathing technique and remember that this can augment light or patchy vibrations. Patchy vibrations are common and techniques like OBE breathing and the brow center trigger help turn these into whole-body vibrations.

Keep your head clear and don't allow yourself to get excited. Don't let verbal chatter enter your head when the exit symptoms begin. Use your newly developed concentration skills to maintain your focus on the exit technique. Don't think of your physical body, no matter how intense the exit symptoms feel. Remember, that isn't your heart beating but your heart center working overtime. Fill your mind with your OBE exit technique.

Finally, let go of all your fears and surrender to the OBE exit process. You've come a long way. You're more than just a physical body. There's nothing to fear. Just allow it to happen and go with the flow and everything will be fine.

Optional: BrainWave Generator Preset "Week 07: Exit Training"

So far you have been introduced to two kinds of BrainWave Generator presets: one type for practicing energy work and another to help encourage lucid dreaming. In Part 2 of the program you will be introduced to a third kind of BrainWave Generator preset, this one designed to ease you into the necessary state for projection. Each of these programs is set to last about

two hours with one exception (in Week 11 there is an extra preset to use for a long meditation session).

This week's preset begins with a high audible tone that gradually descends over the course of the first five minutes of the program, bringing you into a mind awake/body asleep state. Ten minutes into the preset more tones join in to harmonize with the first, edging you into a deeper state of trance. The new tones are modulated so it appears that the sound is spinning around your head at different rates of speed.

After you have completed the preprojection process but before you begin your exit technique, place your eyes in the brow center trigger position and spend several minutes concentrating on the sound as it spins around you. After a few minutes of this you may feel your center of gravity begin to shift. Now start the exit technique.

Total preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 7
DAILY PAGES

This week's exit techniques:

Rope: After following the preprojection routine, use imaginary (body awareness) hands to climb a rope, one hand over the other. Imagine yourself rising with each pull of the rope.

Reverse rope: Also a trance-inducing method, reverse rope can provoke an OBE exit. This technique—climbing down instead of up—can be easier for some people than the standard rope method given above.

One-handed rope: This is a rope variation where only one hand does the rope pulling while the other hand holds onto the rope. This is useful for those who find it difficult to concentrate on both hands doing the climbing.

Chasm-crossing rope: Imagine a strong, taut rope running across your room in line with your body and just above it within easy reach of your hands. The rope is firmly attached to strong brackets mounted on two opposing walls of your room. Feel yourself climbing along this rope, dragging yourself across the room toward the wall and out of your body. Adapt this to suit your projection position.

DAY 43

OBE Exit Training: Rope Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rope technique (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: Rope Technique (20 Minutes)

1. Imagine a large, strong rope is hanging down in front of you just above your chest in a natural position for you to grab hold and begin climbing. Vary the position and angle of this imaginary rope to suit what feels most natural for your position.

2. Imagine you have an extra set of arms and hands extending from your shoulders. Make these arms as long as they need to be. Reach out with both of them and grasp the rope. Climb hand over hand strongly up the rope. Pull rope-to-chest with each climbing hand action. Feel yourself, in your projectable double, moving up the rope as you climb it. Stay aware of your physical body remaining behind as you climb out of it. Concentrate on the climbing action, but don't let your physical body tense up. Breathe naturally and do not hold your breath or allow it to become ragged. Hold your mind clear and focused solely on climbing the rope.

3. Develop a powerful, natural, two-handed climbing action, just as you would if you were actually climbing a rope in real life. One hand reaches out while the other hand holds on. Both hands work together at all times. As one hand pulls on the rope, the other hand should be reaching out to grip the rope above it, ready for the next pull on the rope. Try not to use only one hand at a time. Using both hands together makes the rope technique easier and more effective.

4. Vary the speed of the climbing action to what feels easiest and most natural for you, but do not climb too slowly. Just as with a bounce action, increase your climbing speed until resistance is felt and then back off to a more comfortable speed. Varying your climbing speed from about a half second to one second for each completed hand action (reaching out and pulling rope in with each hand) is best.

5. Feel your imaginary hands as very strong and feel yourself climbing effortlessly and powerfully up the rope. Try to feel yourself in your projected double moving upward as you climb the rope. It is the exterior awareness climbing action that makes this technique work. The climbing action itself provides a natural upward and outward movement away from your physical body.

Daily Tips

Robert: Many people have found it helpful to pin a length of ribbon or string to the ceiling above their beds or chairs within easy arm's reach. Touch this occasionally until you get used to its position in your mind. The position and feel of the rope will grow in your awareness memory, making it easier to imagine yourself reaching out and climbing it with your body awareness hands. Position your rope aid at the most natural and easy-to-imagine position for you.

Brian: I was quite unprepared for the effectiveness of the rope technique the first time I used it. Anxious to get started, I simply lay down in the area I had been using to do my trance work and started pulling on the imaginary cord without going through any preparatory trance work. Right away it felt as if my consciousness was a liquid mass sloshing up and down the axis of my body. It was my most powerful experience to date and I was caught completely off guard. Remember to relax and get into trance before you get started and, most importantly, once the sensations start, don't stop for anything.

Your Program Notes/Observations

DAY 44

OBE Exit Training: Rope Technique

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rope technique (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: Rope Technique (20 Minutes)

1. Imagine a strong rope is hanging down in front of you, same as yesterday.

2. Reach out with your imaginary hands and grasp the rope. Climb hand over hand strongly up the rope. Pull the rope to the center of your chest with each climbing hand action.

3. Feel yourself, in your projectable double, moving up the rope as you climb it. Stay aware of your physical body remaining behind as you climb out of it. Feel your perspective of the room change slightly as you climb. Concentrate on the climbing action.

4. Hold your mind clear and focus solely on climbing the rope. Don't let your physical body respond or tense. Breathe naturally. Do not hold your breath or allow it to become ragged.

Daily Tips

Robert: Most of the problems people have with the rope technique can be solved with simple imagination. For example, if you feel you are bumping your head against the ceiling, imagine there is no ceiling. If you feel a big pile of rope building up beneath you, imagine it is disappearing through a hole in the floor.

Brian: One of the problems I found with the rope was an inability to stay motivated when climbing for long periods of time. For me there's nothing appealing about the thought of climbing a rope that stretches infinitely upward. My favorite way of overcoming this was to imagine a goal high up in the sky: a towering tree maybe, or a city hovering in the clouds. Then I'll place something up there that I really want. If I'm hungry, this might be a platter of freshly baked caramel rolls. Sometimes I'll put people I'd really like to see there: old friends, beloved pets and family who have passed on—someone, something, anything that I would give my eyeteeth to reach. Climbing upward subsequently took on new meaning for me.

Your Program Notes/Observations

DAY 45

OBE Exit Training: Reverse Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Reverse rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes) Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: *Reverse* Rope Technique (20 Minutes)

1. Imagine a strong rope is hanging down in front of you, same as yesterday.

2. Reach out with both your body awareness hands to grasp and hold the rope. Imagine that the bed or chair slowly disappears beneath you, leaving you hanging in free space.

3. Climb hand over hand *down* the rope. Hold the rope at the center of your chest with each downward climbing hand action.

4. Feel yourself, in your projectable double, moving down the rope. Stay vaguely aware of your physical body being above you as you climb down, down, down.

5. Hold your mind clear and focus solely on climbing down the rope, feeling yourself moving down, down, down. Don't let your physical body respond or tense. Breathe naturally. Do not hold your breath or let it get ragged.

6. Reverse the downward action and climb up the rope occasionally, feeling yourself moving out of and above your physical body. Use your imagination to remove any physical world obstacles, like ceilings and floors and walls.

Daily Tips

Robert: One of the most important ingredients for successful projection is enthusiasm. Without this there will not be enough mental energy to succeed; you will either fail the exit or give up and fall asleep. It is thus important to keep the preparation time for any OBE attempt fairly short so it does not become boring and mentally exhausting. One thing a new projector has in abundance is enthusiasm, which is pure mental energy. Another thing that stands out in all the success stories I have received is the word *resolution*. Resolution + Enthusiasm + Action = OBE Success. Many people have e-mailed me over the years with success stories. In most cases they have been using an OBE exit method when they suddenly decided to really do it! They have put everything into it and succeeded. Resolution makes a huge difference. Make a firm decision to be brave and resolute and *just do it!* This will focus *all* your mental energy into a single, powerful, one-pointed effort to project you out of your body!

Brian: One of the most difficult things I find about the rope methods is trying to visualize climbing without making my body tense up. It is so easy for me to equate motivation and the will to get higher with physical effort, especially when the vibrations or some other manifestation of the OBE exit set in. I found a way around this by practicing in the mornings after waking up but before I had opened my eyes and rolled out of bed. I found my muscles were relaxed in a way they weren't during my OBE sessions. From this place it was easy to practice getting motivated and to "grit my mental teeth" without actually gritting my physical teeth. Just having practice separating physical will and mental will helped immensely.

Your Program Notes/Observations

DAY 46

OBE Exit Training: One-Handed Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: One-handed rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes) Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: One-Handed Rope Technique (20 Minutes)

1. If you can manage it, have the weaker hand just hold on to the rope (as if the rope were slipping through the grip of the weaker hand), while the stronger hand does the real climbing. If one imaginary hand does not appear to obey or feels weak or uncontrollable (this happens to some people), the rope technique can be done with one hand only using the hand that is most responsive.

2. Feel the strong hand reach out and pull the rope to your chest, then reach out and pull again in a continual, one-handed climbing action. Try reaching out much farther than your physical arms could. Pretend that your imaginary arms are made of rubber and feel them stretching way out as you climb up the rope.

Daily Tips

Robert: Pulling the rope to the middle of the chest while climbing helps stimulate the heart and throat centers, both of which are heavily involved in the OBE exit. If you can manage it, each time you pull on the rope, feel your hands pulling close to your forehead and throat in passing on the way down to your chest and heart. Imagine that the angle of the rope suits this added extra.

Brian: I will often use the one-handed rope technique to break the repetitiveness of the normal two-handed rope technique. This will usually go something like this: two-handed rope technique for two minutes, one-handed rope technique with left hand for one minute, one-handed rope technique with right hand for one minute, repeat. Make the transitions as smoothly as possible. Once you get a rhythm going, don't break it.

Your Program Notes/Observations

DAY 47

OBE Exit Training: One-Handed Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: One-handed rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: One-Handed Rope Technique (20 Minutes)

1. Using the most responsive hand, perform the rope technique with one hand. Have your weaker hand just hold on to the rope while the stronger hand does the climbing.

2. Feel the strong hand reach out and pull the rope to your chest, then reach out and pull again in a continual, one-handed climbing action.

Daily Tips

Robert: The rope technique works quickly for some people, but takes more practice for others. It is difficult to say what will happen, but be prepared to go through with a full OBE exit the first time you use rope. If you get bored during an OBE exit session, switch between exit techniques or do the full-body circuit and some primary center work or some bounce loosening exercises for a while, then return to your exit techniques a bit later.

Brian: The week I began doing the rope techniques I found myself having rope-climbing dreams. I used this to redefine my lucid dream objectives. When I found myself climbing, I trained myself to become aware that I was dreaming and to continue with the exercise as if I was trying an exit technique during my practice sessions. While I wasn't successful in having an OBE this way, I did have some interesting lucid dreams.

Your Program Notes/Observations

DAY 48

OBE Exit Training: Chasm-Crossing Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Chasm-crossing rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: Chasm-Crossing Rope Technique (20 Minutes)

1. Instead of a rope hanging down from above, imagine a strong, taut rope running across the length of your room in line with your body and just above it within easy reach of your hands. This rope is firmly attached to strong brackets mounted on two opposing walls of your room. Adjust the angle of this rope to suit your projection position.

2. Feel your imaginary hands reaching out and feel yourself climbing along this rope, dragging yourself across the room toward the wall behind your head and out of your body. If you have a wall behind your bed and this puts you off, either change ends in the bed during projection attempts or imagine you are climbing through a big hole in the wall.

Daily Tips

Robert: With all climbing-type OBE exit techniques, it can help if you imagine you are climbing toward a colorful swirling vortex of light. This is the entrance into the astral planes. And this is pretty close to the truth in fact, as some people find a swirling vortex nearby after the exit. If they enter the vortex, they find themselves racing through a colorful grid-lined tube or tunnel that takes them into the astral planes.

Brian: It really does help to get an actual rope and physically try out the various climbing moves. Practice is particularly helpful just before you begin your session. I found the act of mentally climbing rather awkward until I tried it physically and got a better sense of what the movements were like.

Your Program Notes/Observations

DAY 49

OBE Exit Training: Chasm-Crossing Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 7 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Chasm-crossing rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	My mind remains calm and quiet throughout the trance state. I successfully balance between sleeping and waking reality. I ignore astral noise and other exit-related distractions. These sensations are merely signs that I am closer to exploring the out-of-body state.
EVENING	In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Training: Chasm-Crossing Rope Technique (20 Minutes)

1. Imagine a strong, taut rope running across the ceiling of your room in line with your body and just above it within easy reach of your hands. This rope is firmly attached to strong brackets mounted on two opposing walls of your room.

2. Feel your imaginary hands reaching out and feel yourself climbing along this rope, dragging yourself across the room toward the wall behind your head and out of your body.

Daily Tips

Robert: By the end of this program you will know and have practiced a number of OBE exit methods. It really helps if you use a variety of exit methods during each OBE exit attempt. This helps reduce boredom and also stops you getting so accustomed to one method that it begins to lose effectiveness. You can look on this like how you might pry a large rock loose from the ground with a crowbar. You would not just pry from one side, but would move around the rock and loosen it from different angles, prying and rocking and shaking it loose with many small and diverse pressures until it suddenly comes loose and rolls free.

Brian: I found that the rope technique worked very well at first but that I quickly grew accustomed to it and it became more difficult to focus on it. The chasm-crossing rope method is a nice one to get a slightly different flavor to the basic rope technique, plus I found it easier to visualize advancing horizontally than rising vertically. There is something about moving this way when one is prone that is very natural. I also discovered that it was particularly helpful to imagine being on some kind of track and to notice things moving past as I went by. Varying the environment and what I saw around me was especially effective.

Your Program Notes/Observations

Before Moving On

This week you should have:

- a basic idea of what to expect during a conscious-exit out-of-body experience;
- learned the OBE breathing technique and know when to use it to deepen relaxation, increase energy levels, and enhance the vibrations;
- become accustomed to the third-eye trigger technique for use in quieting the mind and bringing on the vibrational state;
- memorized all the steps in the pre-exit OBE routine;
- grown comfortable with using the rope-related exit techniques presented this week.

I had a perfect OBE! I tried for about an hour and then finally did my usual roll-over-and-go-to-sleep thing. After roughly ten minutes of unconsciousness, I felt a pulling on my feet. The pulls would come and go. Somehow, I managed to coax them along.

I wriggled out of my body in gradual stages and then sort of slid out and onto the floor by the side of my bed. My vision came slowly. At first I sort of had it only in one eye and it felt like my sweatshirt was over the other. I asked for vision and then I could see, taking deeper breaths to draw in energy. All the while I kept restating my goal, to pass through the door and come back. This was my prearranged goal.

Standing up, I moved slowly through the door of my dorm room and into the lounge. I saw eight people there at the tables playing chess, before passing back through the door.

My room was lit up when I returned. I lay down on the bed, mashing myself into where my body would be until I woke up.

Man, I was buzzing all over. I'd done it!

* * *

I frequently wake up with intense vibrations, as if I'm about to project. Then I get really excited and overdo it with the exit methods and end up prematurely ending the vibrational state.

Last week I randomly woke up in a trance with some weak vibrations running up my spine. I thought, "This could lead to an OBE!" So I just breathed deeply and waited a while and they got a little stronger.

Then I just decided to focus on the vibrations instead of trying an exit technique, kind of like the way you would focus on a sound that you can barely hear.

The vibrations became very strong very quickly and I had a short, fully conscious OBE. The only downside is the vibrations were a bit uncomfortable, as they were very intense.

WEEK 8

Overcoming Mental Blocks

What to Expect

- Facing your fears
- Dealing with surprise
- Belief system cleansing
- Learning to let go
- Focusing your thoughts
- *Optional:* BrainWave Generator instructions
- More exit techniques
  - *Hanging rope*
  - *Ladder*
  - *Point shift*

Mental Barriers

Some level of fear or trepidation is to be expected when learning to have an out-of-body experience. Similarly, your beliefs can affect how easy or difficult it is to project. Your thoughts can construct unseen subconscious barriers to an OBE. This week we'll examine fear in its many forms and look at ways of rising above or working around them. We'll also offer advice for examining your beliefs about OBEs and how they might be working against you.

Fear and Surprise: Facing the Unknown

Projection-related fears manifest in many ways, usually when least expected. If you think about how people often go about inducing an OBE, it's no wonder they become uneasy. OBE exit attempts are often made at night, alone in a dark room. Add to this the sudden onset of heavy OBE exit sensations and the goal of the OBE exit itself: to experience existence outside the physical body—a circumstance naturally associated with dying. Put all this together and you have the ingredients for a traumatic experience.

Much of the fear associated with OBEs is related to doubt and experientially unknown factors. Heavy exit sensations, astral noises, and the sudden sense of continual falling (all commonly associated with leaving the body) are not in themselves overly scary things. If you think about it, the vibrations aren't themselves alarming so much as the thought of what might happen if they continued. Astral noises themselves are perfectly harmless, but it's their unknown source that can make you uneasy. We don't fear the falling, but we fear a potential impact that we naturally associate with falling.

Once you've experienced the vibrations a few times you'll realize that they are just harmless energy body activity associated with OBEs. After having experienced astral sight and astral noises and learning through direct experience that these are not to be feared, you'll soon learn to ignore them. Realizing that no impact will result from the falling sensation, you'll learn to remain calm.

It helps to think of these potentially unnerving sensations as natural barriers that prevent unprepared people from having an OBE until they are ready. Think of it as a test, an initiation. Be bolstered by the thought that countless people have experienced OBE exit sensations and projected successfully. These things are just elements of the path toward an OBE, parts of the terrain that will grow familiar with experience.

In addition to fear, simple surprise can be a roadblock to a successful exit. Even with full knowledge of what to expect, new projectors are frequently unprepared for OBE exit sensations. You might think you are prepared, but are you truly ready? In essence, when OBE exit symptoms first hit, this becomes the moment when theory turns into reality. This simple realization so surprises would-be projectors that they often fight to abort the exit right on the brink of success.

The question becomes, how can you prevent fear and surprise from ruining early projections? This book helps overcome this by providing you with a progressive, step-by-step plan. The idea of taking small steps lessens the impact of new and potentially uncomfortable sensations. For example, overcoming the slight uneasiness of sitting alone in the dark, going into trance and doing energy work, and feeling strong energy movement sensations all lessen the impact of stronger OBE exit–related sensations when they happen. Now that you're approaching liftoff itself, it will be up to you to isolate each level of fear and overcome it—and the first step to isolating fears and uncertainties is to identify them.

Listed below are some common OBE-related fears and tips for overcoming them. As you read through these, identify which fears you relate to and think about how you might use our suggestions to overcome them. By reviewing this list you can hopefully brainstorm ways of handling anything your first OBE exit might throw at you.

Tips for Confronting Fears

The Unknown

Having read about OBEs for the past several weeks, you should have a good idea what to expect when it happens to you. Yet reading about an OBE and actually experiencing it are two different things entirely.

There is no way to know exactly what you are going to experience until it happens. Fortunately, you've walked through your first OBE a number of

times already and you can pretty much expect that your first OBE will follow similar lines.

A little fear and trepidation is perfectly natural and healthy. However, when worry turns into alarm, this disrupts the delicate balance required for projection and might even end the OBE exit.

The key here is to not allow negative emotions to get started. Play the objective observer at all times. React calmly and matter-of-factly to any situation. Focus on your OBE walk-through and let your training carry you through to the end. Stick to your plan and there will be few surprises. Concentrating on your OBE exit technique during the exit, and then on your planned walk-through after the exit, will help keep your mind clear and calm. This will help stop worries and fears from taking root. This is a bit like how police and soldiers are trained to react. Intensive training stops them from giving into natural fears and freezing when the unexpected happens.

The Darkness

The fear of projecting at night when objects cast sinister shadows and ominous dark corners suggest that unknown things could be watching is a natural fear. This goes hand-in-hand with a fear of the unknown. At night, shadowy branches may look vaguely like monsters reaching for us, but in daylight they become just another tree. What our imagination conjures as menacing and creepy in the dark is usually innocuous and absurd in the light.

The solution here is to practice having an OBE in daylight hours. Who wouldn’t want to project in daylight if given the chance? Life is far more interesting in the daytime when the world is awake. Yet projecting during the day isn’t always practical, as free time is often only available after dark.

If daytime OBE practice isn’t possible and fear of the dark is a problem, consider practicing projection with someone else. Having a meditation partner has all kinds of advantages in terms of encouraging and supporting

each other. Hearing about another's experiences can help generate new ideas and beneficial adjustments to your routine.

If having a meditation partner isn't practical, consider setting up a safe room as described in Week 6. Any nearby pool of light will allow you to meditate more comfortably. This also offers a bright place to go when you first project.

Another idea is to keep the room in which you are practicing well lit and use a sleep mask or a black T-shirt to cover your eyes. This provides an instantly friendly environment after a real-time exit.

Generally, darkness is only a problem in the real-time zone. Astral plane projection is an exception, as the astral planes are usually well illuminated.

Losing Control

If you're the kind of person who tenses up when your driver takes a corner too fast or when the elevator starts moving, then the idea of surrendering yourself to OBE exit symptoms may be intimidating. The sudden, visceral, uncontrolled sense of motion that occurs during the OBE exit can be breathtaking. It may cause you to abort OBE exits out of sheer instinct.

If this is an issue for you, first you need to prepare yourself to deal with some loss of control during the exit. The sudden sense of inner motion typical for an OBE exit (feeling much like continually falling) may cause you to abort the exit every time. Physical movement of any kind, even a slight tensing of muscles, will usually abort the OBE exit.

Some loss of control is likely. You should work toward desensitizing yourself from reacting to sudden motion. Start with small steps. Practice not tensing up when your friend takes corners too fast. If you're a habitual flier, work on staying perfectly relaxed during takeoffs and landings. Find a park slide or swing and try to stay relaxed as you slide down or move back and forth. Practice falling backward into a friend's arms without tensing up or trying to catch yourself. Sit on a bed with pillows behind you and repeatedly allow yourself to fall backward onto the bed. Carnival rides and

rollercoasters can help you get used to feelings of sudden motion and falling, as can riding high-speed elevators. Additionally, the memory of these feelings can even be used as an OBE exit technique.

Becoming Overexcited

Overexcitement on the brink of OBE is a widespread problem. You do everything right and get into the full-body vibrational state and the OBE exit reflex kicks in. You suddenly begin to feel yourself separating from your body. Then a big surge of excitement rushes through you and everything just stops, leaving you wide awake and wondering what happened. You were calm and in control right up to the verge of the exit, but then a surge of excitement beyond your control stopped the OBE exit cold.

Two things can cause the above. The first is a surge of adrenaline-type excitement energy shooting up through your stomach and chest. This is caused by the sudden sense of motion as discussed in the previous section. The second is a rush of pure overexcitement. Your mind fills with the idea of all the incredible things you can do while out of your body, feeling much like how you would feel if you won the lottery.

Overcoming excitement takes perseverance and common sense. Knowing what can happen in advance will help you keep better control. This is why we overstate that projectors must stay calm and in control at all times—before, during, and after the exit. No celebrations are allowed until after the re-entry or you risk aborting the OBE immediately.

The overexcitement factor can be controlled with self-discipline. This may ruin a number of OBE exits before you learn how to control yourself during the exit, but this problem usually eases off gradually. The good news is that you were right on the edge of having an OBE. All you need is to exert a bit more self-control and you will succeed.

Sleep Paralysis

A common phenomenon relating to OBEs is sleep paralysis (also called *waking paralysis*). This can occur shortly after waking up, during the process of falling asleep, or even while relaxing. There is a sudden sensation of falling and then a realization that you can't move a muscle. This can be frightening, even if you know that what's happening is only a temporary state. People with natural OBE ability often experience sleep paralysis. This can also occur while you are practicing OBE-related training exercises.

Sleep paralysis is a common symptom of the OBE exit. When the vibrations begin, full physical paralysis is normal. This comes on with a sudden feeling of great heaviness, often accompanied by a falling sensation.

The scientific explanation is that the brain reduces its ability to control voluntary muscles during sleep so the physical body won't injure itself by mirroring dream actions. Sleep paralysis is also thought by some to be associated with a spontaneous projection that is about to occur.

However, the evidence suggests that sleep paralysis is solely a product of the mind-split effect, where OBE exit symptoms have been mild and/or the exit out of body has occurred unnoticed. In this case, the awake mind has been left behind inside its paralyzed physical body while an OBE is in progress.

Training for and practicing conscious-exit OBEs tends to diminish the incidence of spontaneous sleep paralysis. It does this by improving shadow memory download ability—so the OBE is remembered instead of the paralyzed physical body/mind side of the equation.

If sleep paralysis happens to you, don't panic! You cannot break paralysis with force. Relax and keep your mind calm and clear. This state is harmless and temporary. If you sense a strong presence that makes you feel uneasy, know that this is most likely your own projected double. Focus on breath awareness or count your breaths and this will help you stay in control.

The fastest and most effective way to break sleep paralysis is to focus everything on moving one of your big toes. Using brushing or sponging body awareness actions on a big toe will help. Once you move a big toe, sleep paralysis will be instantly broken.

If you are prone to it, overtiredness heightens the chances of sleep paralysis, so be sure you're getting enough rest. Sleeping on an empty stomach can also be a contributing factor, so try eating something before bed. Sleeping on your back also makes this phenomenon more likely, so if possible, sleep on your side.

Astral Noise

Perhaps the scariest OBE exit–related symptom, especially for new projectors, is astral noise. Astral noises are best considered to be harmless auditory hallucinations. More common to new rather than seasoned projectors, this usually takes the form of clicking, buzzing, hissing, or crackling electrical sounds heard just prior to an OBE exit.

Astral noises can come in more intimidating varieties, such as the clamor of banging pans, crashing furniture, chain saws and jackhammers, heavy chains being dragged, unexplained footsteps, even ghostly moaning and groaning and voices. Astral noise voices often sound like those of friends or family, but can also be the voices of strangers. Astral voices will often say things that are unnerving or distracting. They will frequently demand that you get up and attend to some urgent matter (e.g., to meet a visitor). Sometimes astral voices will address you by name. They are often critical and warn of dire consequences. Sometimes, though more rarely, they will be encouraging.

Occasionally astral voices can be outright scary. You might hear sinister laughter, snarling, growling, muttering, moaning, or screaming. You might overhear two people talking to each other, criticizing you by name for trying to have an OBE. An intimidating voice might order you to halt the OBE exit, warning you of terrible danger if you continue. In general, astral

voices seem designed to distract and deter new projectors from continuing with OBE exits.

Astral sounds and voices only take place prior to and during an OBE exit. They always stop once the exit is complete. There is never any apparent source for them once a person is out of body. They are audio illusions. Frequent projectors can expect some kind of astral noise experience to occur during roughly 10 percent of OBE exits.

The key to overcoming astral noises is to totally ignore them. They can be heavily distracting and that is the last thing you need during an OBE exit. The chances of, for example, a family member suddenly interrupting you while you are right on the verge of an OBE exit are astronomical. Do not listen to them or react to them in any way. Ignore astral noises totally!

The biggest hurdle to overcoming astral noise is getting over the surprise and the fear of the unknown source. It's easy to get caught off guard. Knowing that they're illusionary and that they must be ignored is half the job. On a brighter note, astral noises are a reliable indicator that you are very close to having an OBE. So if you have never had a full OBE exit before, take heart that you are very close to success.

Heavy Exit Sensations

Heavy whole-body vibrations and the sense of having an incredibly rapid heartbeat are two of the most common symptoms of an OBE exit. These can be major visceral sensations. The vibrations themselves can seem like a heavy current of electricity is coursing through your physical body, as if your head and feet were connected to live wires. The rapid pulsing and pounding in your chest as your heart center exteriorizes your projectable double can be equally unsettling. It can feel like your heart is about to explode. Be warned that heavy heart center activity and a racing physical heartbeat are identical sensations.

The sensations associated with a conscious-exit OBE can be extremely strong, especially during the first few OBE exits. We cannot stress this point

enough. So many people have come to us saying, “I’d heard that OBE exit sensations were strong, but I had no idea they would be *that* strong. I really and truly thought I was dying!” If you get heavy OBE exit sensations, it can take a serious leap of faith to get past them.

If you aren’t mentally prepared for how strong they *could* be, the surprise when they hit can be enough to cause you to panic and abort the exit. The good news is that with practice the intensity of rapid heartbeat sensations will progressively lessen. It will still happen, but it will no longer be so visceral and disturbing. Staying calm and not reacting during your first few exits is key to progressing to higher levels of OBE exploration.

Knowing what to expect helps immensely. Having recovered from the surprise that they’ve manifested, it becomes a matter of redoubling your efforts to go through with your OBE exit in spite of them. Heavy projection symptoms will cease the moment you get out, so the sooner you’re out the sooner they will stop. Harden your resolve and go for it!

There is a way to distinguish the thumping of your heart center from the beating of your physical heart. When your physical heart races, increased blood pressure and amplified pulse occur. Most notably, you’ll feel your pulse pounding through your whole body, especially in your head and temples. When your heart center is at work, this sensation is isolated to the middle of your chest only with no sense of thudding in your temples. Use this distinction to reassure yourself that what you’re feeling is simply your heart center racing and not your physical heart.

When OBE exit symptoms occur, be confident. Relax, clear your head, and remain the objective observer at all times before, during, and after the exit. Stay as neutral as possible and keep your eyes on the prize.

Disembodied Hands

Many other types of sensory hallucinations can occur during the pre-OBE exit state. One example is the feeling of hands caressing, tickling, clutching, or pulling at you. These may feel like normal human hands or be cold and

clammy. For example, you might feel hands pulling on your feet as if trying to pull you out of your body. Obviously, this type of phenomenon can be disturbing. Regardless of what may or may not be their actual source, they are best considered to be tactile hallucinations. Like all other types of pre-OBE exit phenomena, these will never cause harm and will only be a problem if you react fearfully. Stay calm and proceed with your projection and they will soon disappear.

Ghostly Encounters

For some, the thought of encountering someone or something else while projecting—human, animal, or otherwise—can be unnerving. This comes from a basic fear of the unknown, stemming in part from already being uneasy about the out-of-body state.

Most projectors have minimal risk of encountering anything scary during an OBE. The real-time zone is actually a pretty lonely place, especially at night, and encounters with other projectors or beings of any kind are rare. This is mainly because most projectors spend only a short time in the real-time zone before shifting into the astral planes. The lower astral planes are, however, more populated, mainly with the projected doubles of sleepers (the millions of people who project but do not remember).

If you ever encounter anything that seems unfriendly during an OBE, the best advice is to be calm and brave. Either confront it and order it away or simply ignore it and leave the area. These sorts of things are best thought of as harmless illusions. Some of the more common forms encountered look a bit like mischievous monkeys. These beings, whether real or illusory, seem designed to intimidate novice projectors and drive them back into their physical bodies. They cannot harm you and will only scare you if you let them. Just ignore them, fly away, and enjoy the rest of your OBE.

Encounters with true spiritual beings are rare. One can have dozens of real-time zone projections and not encounter anyone or anything. You’re

more likely to feel a sense of solitude during an OBE than be bothered by anything frightening.

Becoming Possessed

Becoming possessed during an OBE is a common fear. The assumption is that when you project your body is left empty and defenseless. This is not the case. While you are falling asleep or going through the pre-OBE exit stage, your internal expanded energy body is fully generated. The first internal shift takes place—that inner projection of consciousness into the expanded energy body. In this state the expanded energy body has many of the properties of the real-time double (e.g., astral sight and hearing and sensing, including the ability to see and hear spirits). It also develops some limited freedom of movement inside its physical body. It is capable of extending parts of itself out of body and even of turning around in its own skin.

The expanded energy body never leaves the physical body, not even during a projection. It always resides safely therein along with your original copy of mind and memories, spirit and soul, effectively "filling" and "guarding" your physical body.

You are not exposed to intrusion or possession simply because a thinking copy of your mind projects into the astral. The physical/expanded energy body is never left unprotected, vulnerable, or at risk during an OBE. You are no more at risk during an OBE than you are when you are awake or during normal sleep. Your expanded energy double has natural sensors against incursion by spirit entities. If a disembodied spirit approached your physical body during an OBE, your sensors would react instantly to end the OBE, snapping you back into the fully awake state.

Getting Stuck out of Body

As mentioned in Week 7, one possible scenario where it might seem as if you have been locked out of your body is where you have stayed out of body overlong and your physical body has fallen into a deep sleep.

Reintegrating with your physical body requires it to at least partially wake up for a brief moment. During deep sleep, waking up can be difficult for some people. In this case, you might return to and try to re-enter your body and fail. Your physical body may feel cold and lifeless to the touch of your astral double, but this is normal. If this ever happens to you, please don't panic. Simply return to your astral explorations and rest assured that you will definitely be reeled back in when your physical body wakes up again.

As mentioned earlier, the master copy of your mind and spirit perpetually occupy your physical body, including while an OBE is in progress. You never really leave it, per se. With the rare exception of the above-stated scenario, getting back to your body during an OBE is simply a matter of reaching out with your senses and feeling for your body and you will quickly return.

Violating Religious Doctrine

Some people worry that if they practice having OBEs they might break some kind of religious or moral code. However, everyone projects in some form whenever they sleep. This is a natural, automatic phenomenon. Most people just don't remember it happening. Sleep projection is a natural part of living. It is part of having a spirit and a body. Animals also project out of body during sleep. In essence, having and remembering OBEs is no different from having and remembering dreams or lucid dreams. There is also nothing in the Bible or any other holy book that forbids having or inducing an OBE.

Attracting Negative Influences

Wake-induced out-of-body experiences can occasionally attract unseen spiritual influences, both good and bad, as can meditation and other spiritual practices. The chances of attracting anything truly negative, however, are extremely remote. An OBE can be done with reasonable safety provided there are no pre-existing problems, such as mental illness or poltergeist activity. In the case of pre-existing negative influences, these

forces would already be at work in one's life and OBE-related practices are unlikely to seriously exacerbate such problems. Most people that practice wake-induced projection have minimal risk of attracting negative problems.

Dealing with Fears

Most fears can be dispelled with a little knowledge and resolve combined with an observer's detachment and an adventurer's free spirit. Using the OBE walk-through reduces uneasiness because you get to role-play what your first OBE will be like. Using self-hypnosis and tailoring your weekly affirmations to address particular fears is another good way to program your mind to accept an OBE more comfortably. Most of all, practice, practice, practice. The more routine meditation and energy work becomes for you, the more familiar and confident you will become with the whole idea of an OBE.

Belief System Cleansing

Beliefs subconsciously filter our perceptions of reality and shape all the information we receive to fit what we believe. This affects how we view new concepts and ideas in ways that aren't readily apparent. Beliefs, much like fears, can set up doubts and mental blocks that may hinder or even prevent OBEs. Unlike fears, which are generally apparent, beliefs can be subtler and harder to discern. If at your core you believe that OBEs are unlikely to be real, how will this affect your efforts to use this program? How will this affect you when it comes time to attempt an OBE exit?

If you believe that OBEs are merely an illusion or trick of the mind—only an internal mental process—then as you move through this program you will naturally look for evidence to substantiate this belief. If you believe that the body survives death, that we are in essence spiritual beings who are able to experience consciousness separate from the physical body, then this, too, will shape your expectations. Both these views will affect how you approach the OBE exit and how you respond during the experience.

A belief system cleansing is all about examining your thinking processes and separating beliefs from facts. You don't have to discard your heartfelt beliefs, you just have to know the difference. What do you really know to be true from repeatable personal experience and logic, and what have you simply come to accept as true with no reliable evidence? What is actually true and what have you taken on board as a matter of course? How many of your beliefs depend upon faith to make them true?

Please do not misunderstand us here. Faith is a wonderful thing. However, faith can lead one astray when one tries to separate gems from the mere stones, especially concerning OBEs and the greater spiritual reality.

When one really makes the effort to tell the difference, it soon becomes apparent that there really are very few reliable facts. For most of us, conceptual models of spiritual reality are mainly comprised of beliefs. Solid, reliable evidence is extraordinarily difficult to come by on spiritual matters. Logic and common sense help a lot, but nothing replaces personal experience.

Distinguishing between beliefs and facts can be difficult. Many of our beliefs provide great comfort and without them we might feel directionless and lost. At the same time beliefs can throw up invisible barriers that prevent us from exploring OBEs and the greater spiritual reality to any worthwhile depth. Beliefs can be great when they work for us, but when they work against us, they should be recognized for what they are and modified or discarded. At the very least, suspect beliefs should be shelved as *possible* and gently put aside until further evidence appears.

If you force a square wooden block through a round metal hole, the square block will be distorted into a roughly octagonal shape. Along the same lines, if any of your fundamental spiritual beliefs are even slightly flawed, information trying to pass through your subconscious belief system filters will be distorted. The greater and more fundamental the errors in one's belief system, the greater the resulting distortion will be. All things being

equal, this is why some people can receive new and inspirational ideas (be these scientific or spiritual) and others cannot receive or do so only poorly.

The concept that you create your own spiritual reality is nothing new. Yet actually realizing how this works and actively applying it to one's life is an entirely different matter. So if your reality is shaped by your beliefs, then your reality depends upon the support of those beliefs. If some of your beliefs are faulty, then some of your perceptions will be faulty. The result is therefore not true reality but an altered version of reality. In psychological terms this is called a *cognitive distortion.* Such things can have particularly strong effects in the fluid astral environment.

A belief system cleansing entails dismantling your belief system and then intelligently rebuilding it from scratch. Accomplishing this requires a disciplined approach using personal experience, logic, and common sense to build a solid foundation for a new belief system. It involves sitting down and making a list of your beliefs. For the purposes of this program, the list would focus on OBEs and related spiritual matters. For example, you might list things like *subtle energy, chakras, altered trance states,* and *body awareness actions.* If you have worked through this program, you will already have had some personal experience with these things. So you can tick these items as being substantiated.

Now cross out all the things on your list that you have not actually experienced or proven for yourself. You must weigh each list item against expert opinion, empirical evidence, and common sense. This process will eventually provide you with a workable foundational belief system.

This sounds like a tall order, but it doesn't have to happen overnight. Take as long as you need. Ponder and revise, ponder and revise. Your resulting list of evidence-based beliefs may be rather small to start with, but that's okay. Part of what you're doing by following this program is building up experiences that will provide the foundation for your future belief system. Start taking down the barriers and you will find yourself moving in directions that were previously obscured.

Question everything, especially the sacred cows of dogma, and always think for yourself. Experiment and learn from all that life has to offer you. Listen to and consider the wisdom of others, and try on their ideas as you might try on new coats for size. However, never buy a new coat just because it seems to fit. It must be practical, within your price range, and look good on you too. Above all, build the foundation of your new belief system from the wealth of your own personal life experience.

Trying Too Hard

A secondary objective of the daily practice routine in this program is to make the components that make up the OBE exit habitual. The idea is that you'll come to know it so well that it will no longer require conscious effort; it will just be something that you do. Motivation is necessary to succeed at having an OBE, but too much effort—wanting an OBE too badly—can throw up greedy roadblocks full of subtle tension.

Have you ever watched a sporting event and cheered your team on as it came back from being behind? Do you know the feeling that you get when you really want them to win and are wishing this with all your heart? It's almost a physical thing, as if it were possible for the strength of your will alone to somehow influence events. A kind of indefinable physical tension occurs when this happens where you're mentally trying to force your desires and wishes to come true.

A similar process can take place while learning the OBE exit. Wishing too hard can cause hidden tension that may prevent the OBE exit. There may be a point in time where it becomes necessary to look within yourself and try to identify that same kind of inner tension. You may want to project so badly that you could be working against yourself on the inside instead of being relaxed and letting go. Willpower and effort are great, but too much of these can unbalance you just as surely as can having too little.

You must learn to relax not only physically but mentally too. It's all about letting go of expectations, internally unclenching, and finding the inner

release mechanism that says it's okay to exist independently from your physical body. It's relaxing physically and a little bit more, where you unclamp the last resistance and just let it happen. Once you have your first OBE, your body will understand the experience at a core level and will know that it is okay for you to release and let go.

Where Your Attention Goes . . .

Where your attention goes your energy goes, and where your awareness goes so, too, does your consciousness. This applies to OBE exit attempts. If the circumstances of your life preoccupy you with the material world, this can also make having an OBE much more difficult.

All sorts of situations can arise to root our attention here and now in the material world, from challenges at work or school, to money, health, and relationship problems. Problems from the past and worries about the future can also preoccupy us and scatter our thoughts and energies. Even positive things like the purchase of a new house or car can sometimes occupy a great deal of thought and attention, thus generating barriers to having an OBE.

In a sense, this goes back to opening yourself to the possibility of having conscious OBEs. Going a step further, it's about putting yourself into a spiritual mindset that is favorable to having out-of-body experiences. Reading and thinking about OBEs and discussing it with others helps align your intention and energy to this purpose.

It helps to identify frequently distracting thoughts and the issues to which they relate. What are the most frequent thoughts that arise and interfere when you try to quiet your mind? What larger issues are connected with these distractions? Recurring thoughts, feelings, and dreams are your subconscious mind's way of highlighting issues that you need to confront and resolve. How can you best start resolving these issues? Writing them down and pondering them is a decidedly good start.

Prayer and the OBE

The power and magic of prayer are little understood. It may seem at times that there is no one listening to your prayers, but this does not mean they are not heard. Often the intelligence that receives prayer is simply imperceptible to us. It does not matter what you consider this to be—whether God or one's higher self, the collective unconscious, or even the subconscious mind—it goes *somewhere* that is higher and more powerful than us mere mortals.

Prayers share many similarities with affirmations. Like affirmations, repeated prayers such as the Hail Mary and Our Father can be quite effective if used correctly when the mind isn't allowed to wander on to unrelated topics. Like affirmations, holding strictly to the affirmation guidelines can enhance them: keep them positive, in the first person, and present tense (i.e., in the here and now).

Like affirmations, prayers are more effective when done with a clear mind, especially in the trance state. Saying prayers aloud enhances their influence even more than when they are whispered or simply recited internally. There is a certain magic to spoken words that makes them more solid and powerful than mere thoughts.

Prayers are the most powerful when they are used to align yourself with higher forces and can be used to help you have an OBE. If you feel comfortable with prayer, consider using these guidelines to incorporate prayer into your routine. Pray for an out-of-body experience. It need not be anything elaborate. State your desires and ask for the guidance and understanding to make that happen.

Optional: BrainWave Generator Preset "Week 08: Exit Training"

This week's preset has three phases.

Phase one lasts ten minutes and features six tones that take the listener from an awake state to a mind awake/body asleep state.

Phase two lasts twenty minutes and consists of three tones joining with the original six to nudge the listener toward a meditative state. These voices are modulated to sound as if they are spinning around the listener's head at different rates.

Phase three lasts ninety minutes. It includes nine tones that range from frequencies for producing very deep sleep to those for inducing a light meditative state. The majority of these tones are directed to hold the mind awake/body asleep state that is ideal for OBE.

Be sure to use the preprojection routine and exit techniques while listening to the program.

Total preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 8
DAILY PAGES

This week's exit techniques:

Hanging rope technique: Imagine you are holding on to a rope that is being slowly winched upward, pulling you up and out of your body. Feel yourself ascending, sliding up and out of your body, moving steadily higher. Feel yourself gradually leaving your physical body, and stay aware of its spatial position behind and below you.

Ladder method: Picture a strong ladder hanging from the ceiling much like the rope technique. The ladder leads into a large swirling blue vortex, above which is the limitless space of the astral planes. Grab the lowest rung and begin to climb, hand over hand, feeling your feet moving from rung to rung as well as your hands. Visualize how your perspective changes as you ascend. Stay aware of your physical body below
you as you climb away from it, moving higher and higher with each rung.

Point shift method: Imagine you are floating just above or standing just in front of your physical body, whatever is natural for your position. Imagine and feel how the spatial coordinates of the room have changed slightly in relation to the distance between you and your physical body. Feel yourself as being slightly closer to the ceiling or wall before you, and your physical body just beneath or behind you. Concentrate
on holding the image of yourself in this position, exterior to your physical body.

DAY 50

OBE Exit Training: Hanging Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Hanging rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Hanging Rope Technique (20 Minutes)

1. Mentally reach out and feel your imaginary hands are hanging on to a strong rope coming from above. Feel yourself hanging on to it.

2. When you get used to this, imagine you are being slowly winched upward by a helicopter or similar, dragging you up and out of your body. Feel yourself being lifted and sliding out of your body, moving higher and higher. Feel yourself slowly leaving your body behind you. Feel the spatial coordinates in the room changing as you rise up and out of your physical body and through a large opening in the ceiling.

Daily Tips

Robert: I cannot stress enough that the rapid heartbeat feeling is a harmless energy body sensation. This is *not* a physical body sensation, as your actual heartbeat does not increase. But this sensation is so viscerally "real" that you will naturally worry when it happens. It will feel like your ribcage is pounding, as if it was hollow; the rapid heart center pounding will echo through your chest. To get some idea of what this feels like, tap your fingertips on the center of your chest. This will create a noticeable thumping sensation. Increase the speed of this until you are tapping your chest as fast as you can. Now, imagine this tapping rate increasing by two

or three times the speed that you can tap and you will have some idea of what this will feel like. Not everyone gets overly strong exit sensations, but it's best to be prepared just in case they happen. Heavy vibrations and rapid heart center pounding are extremely common exit sensations, so be prepared.

Brian: To make the hanging rope technique a bit more mentally stimulating, I imagine that the winch that hauls me upward has a rhythm similar to climbing with slight pauses between each turn of the winch, as if someone is hand cranking it rather than it being done by a machine. I might add a slight swaying sensation to give it a little more sensory experience. Again, it also helps to have a goal, a sense that something above is waiting for you that you want with all your will to reach.

Your Program Notes/Observations

DAY 51

OBE Exit Training: Hanging Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Hanging rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

AFFIRMATIONS

MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Hanging Rope Technique (20 Minutes)

1. Mentally reach out and feel your imaginary hands are hanging on to a strong rope coming from above. Feel yourself hanging on to it.

2. When you get used to this, imagine you are being slowly winched upward by a helicopter or similar, dragging you up and out of your body. Feel yourself being lifted and sliding out of your body, moving higher and higher. Feel yourself slowly leaving your body behind you. Feel the spatial coordinates in the room changing as you rise up and out of your physical body and through a large opening in the ceiling.

Daily Tips

Robert: We all encounter days where, due to life's pressures and worries, it becomes particularly difficult to center ourselves and clear our minds for meditation and development exercises—and even to sleep for that matter. Two good ways of overcoming this are counting sheep or breaths. For sheep, imagine you can see sheep jumping over a fence and count them. To use breath awareness, focus on feeling your chest and stomach rising and falling and count each inhale and exhale. Count to one hundred and then count back down to one. You will find that it only takes a few minutes of

this to calm and settle your mind. This method will not only relax you but also put you into the trance state (or help you fall asleep).

Brian: Are you still doing the primary center stimulation exercise? This is something you definitely want to continue practicing, especially before exit attempts. The more you condition the flow of energy between these centers, the more you're flexing your astral muscles and developing your ability to raise the vibrations. It's easy to skip these and go straight to the exit attempt. That is appropriate sometimes, but the more energy work you do the more conditioned your energy body will become, which will generally improve your OBE abilities.

Your Program Notes/Observations

DAY 52

OBE Exit Training: Ladder Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Ladder method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Ladder Method (20 Minutes)

1. Imagine a strong ladder hanging from the ceiling. The lowest rung of this ladder should be within easy reach of your hands or whatever feels most natural.

2. Climb this ladder hand over hand, feeling yourself moving up the ladder toward the ceiling. Use your hands and feet to climb, or just your hands if that is easier. Feel the room changing around you and your spatial coordinates changing as you climb. Feel yourself moving higher and higher up the endless ladder. If you get to the ceiling, feel yourself climbing through a wide portal or opening and that the ladder is of infinite length.

Daily Tips

Robert: When you experience vibrations, remember to use the brow center trigger to enhance them. This is particularly effective at turning patchy vibrations into whole-body vibrations. Once you have whole-body vibrations, you can leave your body quite easily. It is just a matter of applying your willpower. In fact, it is difficult to stop the exit once you have whole-body vibrations. That is the time to make sure your mind is totally clear, as any thoughts or emotions will make your exit more difficult and will increase OBE exit symptoms. At this moment you only need to focus all your energy and will on performing your exit technique. Concentrating on this will help keep your mind clear. Don't think about it, just do it.

Brian: I find the ladder a good alternative to the rope technique since I have more experience climbing ladders than I do ropes. Before using this technique the first few times I spent a good ten minutes climbing up and down a ladder to get a really good feeling of the visualization technique.

Your Program Notes/Observations

DAY 53

OBE Exit Training: Ladder Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Ladder method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Ladder Method (20 Minutes)

1. Imagine a strong ladder hanging from the ceiling. The lowest rung of this ladder should be within easy reach of your hands or whatever feels most natural.

2. Climb this ladder hand over hand, feeling yourself moving up the ladder toward the ceiling. Feel the room changing around you and your spatial coordinates changing as you climb. Feel yourself moving higher and higher up the endless ladder. If you imagine yourself reaching the ceiling, feel yourself climbing through a wide portal or opening and beyond. The ladder is of infinite length.

Daily Tips

Robert: You will have times during early OBE exit attempts where you have done everything right but your exit technique does not appear to be working and you are getting no exit symptoms at all. Eventually you will get tired and/or bored and, if you are doing this before bedtime, you will just want to sleep. When this happens, settle yourself in bed, lie on your back, and hold on to your deeply relaxed state as best you can. Raise your hands vertically with your elbows resting on the bed. Close your eyes and focus on breath awareness, feeling your chest and stomach rising and falling. Count your breaths in and out up to a hundred and then back down to one. Before you get very far, you will find you'll start losing track of the

count. You will start to feel very heavy and will fall asleep for brief moments. Your arms will fall each time and this will bring you awake. At this point, examine how your body feels. Does it feel heavier and more deeply relaxed than it was during your exit attempt? Remember how this feels, as this is the level of deep relaxation required for an OBE. If you have the energy, now would be a great time to lay your arms on the bed and use an OBE exit technique. If you get out, remember to keep the OBE very short and then dive back into your body shouting your success. Then force yourself to write down key words or you will probably forget the whole thing.

Brian: You might notice that before the onset of the vibrations your heartbeat seems to increase tempo. One of my early mistakes was that I would usually equate what seemed to be a faster heart rate with other situations in which my body was physically active. Thus, every time I felt what seemed like my heart beginning to beat faster, I would stop the exit technique and try to relax. Remember that the sense of an increased heart rate is actually your heart center stepping up its activity level. When you get even a sense of this starting to happen, go for the exit as if everything depended on your success.

Your Program Notes/Observations

DAY 54

OBE Exit Training: Point Shift Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Point shift method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Point Shift Method (20 Minutes)

1. Feel and become aware of your whole body. Feel your body's spatial coordinates changing in relation to the room around you. Run your mind over where the doors, walls, windows, and furniture are in your room. Build a spatial perception map of the room around you in your mind.

2. Imagine and feel yourself rising up or stepping out of your body, then floating or standing just out of arm's reach from your physical body. Feel yourself as floating at arm's reach above or in front of your physical body, staying roughly in line with it and facing the ceiling or wall before you.

3. Hold your awareness firmly centered in this new location. Do not try to see your double as being above or in front of you. Feel yourself as being above or in front of your physical body from your projected double's perspective. This is tricky but it gets easier with practice. Concentrate on sensing the changed spatial coordinates of the room around you from your new perspective. Feel and be aware of your physical body below or behind you. Imagine and feel yourself in your projected double as having *already* separated from your physical body.

4. Imagine and feel as if you were attached to your physical body by many strong rubber bands and that you are fighting against them. Concentrate and use your strength of will to force your projected double to strain and fight

against this pressure. Fill your mind with single-minded determination to move away from your physical body. Use maximum willpower but do not allow your physical body to tense or respond in any way.

5. Mentally grit your teeth (without tensing) and feel yourself slowly but forcefully moving away from your physical body. Force yourself to move an inch at a time. Roll your projected double's shoulders one after the other and try to shoulder yourself farther away from your physical body a bit at a time.

6. Hold the above actions strongly enough and they will trigger the projection reflex very quickly. Do not allow your physical body to tense up while doing any of the above (this is the real trick to point shift) as these are all imaginative bodily awareness actions. When they start, look upon OBE exit sensations as signs that you are winning the battle for your astral freedom.

Daily Tips

Robert: The point shift technique is the most direct and powerful OBE exit technique I know. Yet it is more difficult, as it requires a lot of concentration. You must hold a whole-body awareness image exterior from your physical body for some time in order to trigger the projection reflex. This is the technique I first learned and used for most of my early projections. It helps a lot if you can imagine yourself moving slightly and not just floating motionless above or before your physical body. Feel yourself wriggling and straining slightly, pushing each shoulder forward one after the other as if trying to shoulder yourself free of your physical body, but without tensing any muscles. Like all exterior body awareness actions, the movement makes it easier to do.

Brian: The point shift method is a variation of a visualization game I would often do to help me fall asleep when I was young. I would imagine that I wasn't lying in my bed at all but actually lying somewhere else, like on the couch at my nonna's house. With my eyes closed, I would imagine how

everything was arranged in the room around me: where the walls and windows were, where the door was, how the furniture was set in relation to the bed, how the room was situated in the house, what the neighborhood was like around me. I would often succeed in fooling myself into believing that I was actually there. As a variation on visualizing a point shift near your physical body, try visualizing yourself in another room of your house or another house altogether. (It helps if you know the other location well.) Switching this around during exit practice will help keep your mind more sharp and focused.

Your Program Notes/Observations

DAY 55

OBE Exit Training: Point Shift Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Point shift method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Point Shift Method (20 Minutes)

1. Feel and become aware of your whole body. Feel your body's spatial coordinates changing in relation to the room around you. Run your mind over where the doors, walls, windows, and furniture are in your room. Build a spatial perception map of the room around you in your mind.

2. Imagine and feel yourself rising up or stepping out of your body, then floating or standing just out of arm's reach from your physical body. Feel yourself as floating at arm's reach above or in front of your physical body, staying roughly in line with it and facing the ceiling or wall before you.

3. Hold your awareness firmly centered in this new location. Do not try to see your double as being above or in front of you. Feel yourself as being above or in front of your physical body from your projected double's perspective. This is tricky but it gets easier with practice. Concentrate on sensing the changed spatial coordinates of the room around you from your new perspective. Feel and be aware of your physical body below or behind you. Imagine and feel yourself in your projected double as having *already* separated from your physical body.

4. Imagine and feel as if you were attached to your physical body by many strong rubber bands and that you are fighting against them. Concentrate and use your strength of will to force your projected double to strain and fight against this pressure. Fill your mind with single-minded determination to

move away from your physical body. Use maximum willpower, but do not allow your physical body to tense or respond in any way.

5. Mentally grit your teeth (without tensing) and feel yourself slowly but forcefully moving away from your physical body. Force yourself to move an inch at a time. Roll your projected double's shoulders one after the other and try to shoulder yourself farther away from your physical body a bit at a time.

Daily Tips

Robert: Once you begin to leave your body, varying your exit technique will help. For example, use rope, point shift, and the rolling-out methods for several seconds each one after the other. The rolling-out method is particularly useful for completing the exit if you feel that you are only partially out of your body. When whole-body vibrations are present, you can gauge the effectiveness of each technique by the immediate effect it has on your heart center. It may already be active, but the more pressure you exert, the faster it will throb. Concentrate on the techniques that cause the most rapid heart center sensations.

Brian: The point shift method can be modified and expanded. Imagine that you float to the ground and begin to walk away from your body. Now feel as if your physical body is trying to reel in its projected double. Imagine playing tug of war with yourself, grabbing the floor, furniture, and the doorway to pull yourself farther and farther away from your body. Really *feel* the tension.

Your Program Notes/Observations

DAY 56

OBE Exit Training: Point Shift Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 8 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Point shift method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations

	AFFIRMATIONS
MORNING	I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Every day the passages and conduits through which my energy flows grow clearer, cleaner, and brighter.
EVENING	I recognize the exit symptoms from my nightly astral projections. The feeling of leaving my body provokes my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Point Shift Method (20 Minutes)

1. Feel and become aware of your whole body. Feel your body's spatial coordinates changing in relation to the room around you. Run your mind over where the doors, walls, windows, and furniture are in your room. Build a spatial perception map of the room around you in your mind.

2. Imagine and feel yourself rising up or stepping out of your body, then floating or standing just out of arm's reach from your physical body. Feel yourself as floating at arm's reach above or in front of your physical body, staying roughly in line with it and facing the ceiling or wall before you.

3. Hold your awareness firmly centered in this new location. Do not try to see your double as being above or in front of you. Feel yourself as being above or in front of your physical body from your projected double's perspective. This is tricky but it gets easier with practice. Concentrate on sensing the changed spatial coordinates of the room around you from your new perspective. Feel and be aware of your physical body below or behind you. Imagine and feel yourself in your projected double as having *already* separated from your physical body.

4. Imagine and feel as if you were attached to your physical body by many strong rubber bands and that you are fighting against them. Concentrate and use your strength of will to force your projected double to strain and fight against this pressure. Fill your mind with single-minded determination to

move away from your physical body. Use maximum willpower, but do not allow your physical body to tense or respond in any way.

5. Mentally grit your teeth (without tensing) and feel yourself slowly but forcefully moving away from your physical body. Force yourself to move an inch at a time. Roll your projected double's shoulders one after the other and try to shoulder yourself farther away from your physical body a bit at a time.

Daily Tips

Robert: There are other ways to capitalize on apparently failed OBE exit attempts. Before giving up, take advantage of your deeply relaxed and tranced state to perform some experiments. For example, try to see beyond your closed eyelids. Do some extra brow center work and see what happens. Bounce your awareness from temple to temple, and then from your brow to the back of your head. Use a wrapping action around your whole head at brow level. And while you are doing this, play with the focus of your eyes behind your closed eyelids. How do these actions affect what you can see? If you start to see vague images and points of light, lock on to the brightest point. Then feel yourself moving toward this and feel this point moving toward you. This can trigger an OBE directly into the astral planes. If you suddenly find yourself floating in space amongst the stars, lock on to and move toward the brightest light, as this will be the entrance into an astral plane.

Brian: One of the things that makes the point shift method the most difficult for me is that it doesn't incorporate a lot of movement. When you are straddling the very edge of sleep, it is easy to find yourself losing lucidity for short periods. I often incorporate movement just to liven things up a bit. I might start off with a swaying motion, then I'll do somersaults or back flips or rolls. Often repeating them over and over can help get the sense of swaying motion going in my expanded energy body or even begin the vibrations. If you try this, alternate between rolls, back flips, and

somersaults to keep your astral equilibrium a little bit off balance. This seems to help.

Your Program Notes/Observations

Before Moving On

This week you should have:

- some idea of what fears you're likely to encounter and plans to deal with them as they arise;
- created some notes for your belief system cleansing;
- understood the concept of completely letting go;
- become generally proficient with this week's exit techniques.

I was lying in bed wearing cordless headphones, listening to the sound of rainfall. This put me in a deeply relaxed state. I had only intended lying down for five to ten minutes, so the light was on and I was fully clothed.

That's when I started to feel the vibrations. I heard just one astral noise but ignored it and continued. I felt myself floating up out of my physical body. I remember very little about what happened in the next few minutes.

The next thing I recall was being back inside my body. I moved my leg and an amazing thing happened! It wasn't my physical leg that moved but my astral one. My astral body was completely inside my physical one. In a way, I had sensation of both bodies. I started to move my astral body and it felt very sticky; the word "elastic" came to mind.

There's a void in my memory at this point. The next thing I remember is being out of my body and standing near my bedroom. I was completely blind, though I had a great sense of where things were. I could even sense the light on my body.

I wanted to fly out of the bedroom window. I started to run at it with the intention of jumping but that's when the fear set in. What if this isn't an OBE? What if I jumped through the window and fell?

When I jumped I actually did fall but then stuck my arms out and started to fly. I was still without sight, flying about five to ten meters above the rooftops. I remember reading that when you move out of your physical body your sight will come, but it didn't.

I believe I witnessed the mind-split effect. Later I remember lying in my bed and saying to myself, "The experience must have failed."

Could it be that I've had many such experiences which I simply don't remember?

WEEK 9

Dreams and the OBE

What to Expect

- Mind-split review and model for projection
- Nightly spontaneous projections
- Lucidity as a function of energy
- Making your own sleep programming recording
- *Optional:* BrainWave Generator instructions
- More exit techniques
  - *Washing hands method*
  - *Rope cargo net method*
  - *Balloon method*

This week we'll review the projection process in more depth, including how the dream mind affects OBEs. We'll also take a look at how your sleeping position can affect OBEs, offer more sleep programming tools, and provide you with a script for creating your own OBE sleep programming recording.

Inevitable Questions

At some point these questions become unavoidable: How can one tell the difference between a dream and an out-of-body experience? What about situations that appear to be an OBE, but where dream elements intrude? What about reality fluctuations? How does one know that an OBE isn't just a special kind of lucid dream? Where does one draw the line between dreams and OBEs?

For several weeks now you've saturated yourself with OBE reading material, learned and practiced meditation, trance and energy work, honed your shadow memory recall, and spent a lot of time affirming your desire to project. It's likely that at some point you had flying dreams, lucid dreams, dreams of OBEs, or even spontaneous OBEs. But even if you record these experiences in detail, the memory of them fades with time and inescapable questions follow: Was that a genuine OBE or some kind of dream? Was I really out of my body or did my mind create the whole experience?

So how does one begin assigning objective reality to something that is, by its nature, entirely subjective? If you stop to think about it, all life experience is received, filtered, and interpreted by your brain. Your brain has no direct way of perceiving its external environment. If your eyes or ears are damaged, for example, your brain will no longer receive visual or auditory input. You touch, smell, taste, hear, or see something and nerve endings send electrical impulses through your nervous system that are received by your brain and decoded into what you perceive to be direct sensory input. Your physical sense organs gather sensory data, but ultimately it is your brain that receives and processes everything. By the strictest definitions, all life experience can therefore be classified as subjective.

Your physical brain cannot differentiate between subjective and objective experience. It receives all of its sensory input secondhand via bioelectrical impulses (e.g., the eyes do not send light into the sight center of the brain, but bioelectrical signals that the brain interprets as light). The brain cannot tell the difference between real life, dreaming, and OBE experiences. All these experiences are ultimately received and interpreted by your brain as real experiences. Only observation and reasoning can distinguish the subtle differences between each type of event.

Mind-Split Review and the Model of Projection

To get a clearer understanding of the relationship between dreams and OBEs, let's review how conscious-exit projection works. As a result of entering the mind awake/body asleep state a type of *inner* projection first takes place. This inner projection comes about when the expanded energy body moves slightly out of phase with its physical body. This is also called a *trance state* or *altered state of consciousness.* Recall that the expanded energy body is the closest subtle body to the physical body, and this resides within a person's physical body while that person lives. The only exception to this is a near-death experience, where a person dies and is then resuscitated.

In the case of conscious-exit projection, after entering the mind awake/body asleep state people would then employ an OBE exit technique to stimulate an exterior projection or an OBE. A real-time projectable double is then created containing a full copy of consciousness (i.e., the mind-split effect). If projection is successful, the real-time double is projected out of the physical body. Now we have two separate copies of awake consciousness operating independently from one another: the master copy contained in the physical/expanded energy body and the projected double in the real-time zone.

In this situation, depending on proximity and circumstances, both copies of consciousness can become aware of each other on some level. The master copy in the physical/expanded energy body might be awake and lucid enough to sense the nearby presence of its projected double. The projected double might hear a car passing outside or a clock ticking from a nearby nightstand, even though it may be far removed from its physical body's location. This vague contact is usually the only symptom that the mind-split effect is occurring. Both copies are now recording experience memories independently. Memories haven't been exchanged or downloaded yet, but some level of interaction exists.

Now we arrive at a crucial time for any conscious OBE. At any time during the above situation the dream mind can become active, even while

the physical/expanded energy master copy is still conscious and lucid. The dream mind affects the projected double in varying degrees. This is because the natural levels of telepathic and empathic interaction between the dream mind and its projected double are stronger than the usually vague contact the physical/expanded energy mind has with its projected double.

The dream mind also uses subtle energy, as does the projected double and the physical/expanded energy mind. One will often drain the other of energy, thereby affecting or disempowering the actions and perceptions of another. If the physical/expanded energy mind also falls asleep during an OBE, it will begin merging with its dream mind. When this happens, the energy drain on the projected double becomes stronger and more disempowering as mutual energy resources are stretched. This can result in the common OBE or dream experience of suddenly losing all energy and falling slowly to the floor, weak and unable to move.

More powerful and successful OBEs can be achieved by keeping the body/mind connection slightly alive. This connection is between the physical body/brain and its physical/expanded energy mind. This can be achieved by supplying the physical body with a very slight level of discomfort during an OBE. This helps stop you from falling too deeply asleep and thus the dream mind from becoming too active during a conscious OBE. If you read lots of OBE case histories, you'll see that some type of physical discomfort or distraction is very often present. Logic suggests that this slight discomfort very likely plays an important part in successfully remembered OBEs.

At the end of an OBE, the projected double returns (or is recalled) to re-enter its physical body. It reintegrates and hopefully downloads its OBE memories so they can be remembered after waking. If the dream mind becomes too active during the OBE, it will often forge strong memories that prohibit the recall of OBE memories. The end result is often a mixture of OBE and dream experiences. Obviously, if the memory download fails

completely then the OBE will not be remembered at all, even if an OBE did actually occur.

The key with the above model is this: there are always at least two copies of mind functioning during a conscious OBE, and potentially *three* copies if the dream mind becomes active. The end result—the final downloaded memory—can originate from either or all of these potential sources (the dream mind, the projected double's mind, or the physical/expanded energy mind). Understanding that two or more copies of consciousness can be simultaneously functioning and interacting on some level is paramount for understanding the relationship between dreams and OBEs. If you examine your experiences with this in mind, you'll find they begin to make a lot more sense.

Nightly Spontaneous Projection

Let's examine the projection process as it happens naturally where the projector falls asleep and is unaware of any type of OBE exit occurring. This model is similar to the one given earlier but minus the presence of the awake physical/expanded energy mind.

It is the presence of awake consciousness during the OBE exit that greatly magnifies natural OBE exit sensations (e.g., rapid heartbeat, vibrations, pressure, falling, etc.). During natural sleep projection, these sensations are so mild as to be almost unnoticeable. This is supported by the common experience most people have at some time where they find themselves slipping in and out of lucidity while trying to fall asleep. This can result in sudden, brief falling sensations that are so visceral that people grab the bed to catch themselves, feeling as if they are actually falling.

What happens in this situation is that the real-time double is being generated and partially projected. This causes the falling sensation that is commonly associated with the OBE exit. Because persons are only half asleep, this is felt as an actual falling sensation that is strong enough to jerk

them awake. This can happen many times while someone is trying to fall asleep.

While people drift off to sleep, the same inner projection occurs where the expanded energy body slips out of phase with its physical body. (They enter a trance or altered state of consciousness.) This is felt as the warm, cozy, heavy feeling that we all get for a few moments before we actually fall asleep. Not long after this a smooth, sensation-free projection takes place as a sleeping real-time double is exteriorized. No noticeable OBE exit sensations occur here because the physical/expanded energy mind is asleep. A copy of consciousness accompanies the real-time double, but it, too, remains asleep. It will usually hover just above its sleeping physical body, often mimicking its physical body's sleeping position.

Soon after this, the dream mind becomes active, which disempowers the sleeping projected double. This makes it difficult for the projected double to "wake up" and attain a functional level of independent consciousness. Because of this, the projected double usually stays asleep throughout this process until the physical body/mind awakens.

This covers the typical projection process that happens to everyone whenever they sleep. However, certain events can change this scenario and cause episodes of lucid dreaming, spontaneous OBEs, and even sleep paralysis to take place. For example, powerful dreams or disturbances in the physical world can cause sleepers to partially waken, temporarily deactivating the dream mind while the projected double is out of body. Under the right circumstances, the projected double can awaken to full consciousness for a short time either in the real-time zone or in the astral planes.

The duration of such an OBE is dependent on how long the physical/expanded energy body/mind stays partially awake, thereby depressing dream mind activity. Continual disturbance in the physical world (say, slight discomfort caused by lights flashing in the sleeper's eyes or a persistent annoying sound or pain) can provide for lengthy or even multiple

spontaneous OBEs and lucid dreams. When a person slips back into deeper sleep and his or her dream mind again becomes active, his or her projected double may then experience weakness and paralysis.

OBE exit symptoms will often manifest during the course of a dream or a lucid dream. These will appear suddenly with full-body vibrations, rapid heartbeat, continual falling sensations, and so on. This happens when the physical body/mind and/or its projected double are experiencing an OBE exit with full symptoms and these are reflected into the dream mind. When this takes place, consciousness will often switch from the dream mind to its projected double. The resulting memory download will thus give the appearance of a lucid dream being converted into an OBE.

The above scenario is a primary cause for spontaneous OBEs and lucid dreams where no OBE exits are experienced but persons suddenly find themselves out of body. This is because the dream mind and the projected double's mind are both shifting in and out of consciousness with a kind of tug of war going on over the available lucidity energy. Mixed memories are the common end result of such experiences where it seems like an out-of-body experience is in progress but then dream elements impose themselves on what would have otherwise been a textbook OBE.

Lucidity as a Function of Energy

A dream becomes a lucid dream when the dreamer wakes up and takes control of a dream and/or realizes that he or she is dreaming. In its lowest form, dreamers realize they can influence their environment but do not actually realize that they are dreaming. At another level, dreamers understand they are dreaming but can't affect the environment or the course of events. At a higher level still, dreamers fully realize they are dreaming and can take control over the dream environment and the course of events. At this level it is possible for dreamers to fly and change or create their surroundings, to conjure any person they can imagine, and to live out fantasies within the dream environment.

The pinnacle of lucid dreaming is the wake-induced lucid dream (or *WILD* for short). This amounts to a conscious-exit dream projection where there has been no break in consciousness. The dreamer enters the dream without losing consciousness. OBE exit–like symptoms are never experienced at the start of a WILD, although they may occur during a WILD. WILDs are so real and visceral that the experience can be indistinguishable from normal awake reality. All the physical senses are present and appear normal. So things like gravity, body weight, physical movement, heat and cold, and pleasure and pain can all be felt as they normally would be in real life.

All dreams, including lucid dreams and WILDs, involve the dream mind and affect the physical brain in scientifically detectable ways. Unlike OBEs, which don't register brainwave activity or provoke REM (rapid eye movement) sleep, dreams, lucid dreams, and WILDs produce identifiable electroencephalograph (EEG) evidence that dreams are taking place.

So what is the difference between a lucid dream and an OBE? In a lucid dream, lucidity itself consumes the majority of a dreamer's finite energy resources. During an OBE, the lucidity factor resides within the projected double. The focus here is on which copy of consciousness takes the level of energy required to function on a lucid and independent basis. In a case where neither aspect can get enough energy for independent lucidity, the memories from the dream mind are more usually remembered. This is because of the close association of the dream mind with the physical brain/mind.

So what makes a conscious-exit OBE work? By deliberately provoking the exit you are funneling all your available lucidity energy into your projectable double while at the same time suppressing the onset of dream mind activity. You are thereby able to operate with stronger OBE lucidity and independence for longer than would occur naturally.

Whether an experience is a lucid dream or an OBE becomes more complex when we consider the mind-split effect where dual consciousness occurs. This has less to do with what's actually going on with the

projectable double and more to do with what's remembered upon waking. Are your OBE memories purely from your projectable double or have they been altered or distorted by your dream mind? And to what extent have these memories been filtered, interpreted, and edited by your subconscious mind and its beliefs?

This model of the dream-OBE relationship leads to a deeper understanding with which to measure OBE success. But how free of dream elements does an OBE memory have to be before you consider it a successful OBE? Everyone has to answer this for him- or herself using logic and common sense. As you gain experience and funnel more energy into your projectable double, the stronger your OBE memories will become and the easier it will be to distinguish dreams from OBEs.

There are, however, some fairly well-known signs that indicate the likelihood of an OBE rather than a lucid dream. If you look at your hands, do they start to melt? If yes, then you're probably having an OBE. Is moving around easy and effortless or is it clumsy and requires concentration? If it's difficult and unusual, you're most likely having an OBE.

Did you experience any exit symptoms like vibrations, astral noise, continual falling, or rapid heartbeat symptoms when you projected? Even if you felt none of these typical OBE exit symptoms (some people feel nothing during the OBE exit), were you awake before, during, and after the OBE? If these last two items apply to you, then you can reasonably conclude that you were having an out-of-body experience.

The big challenge comes when you have a mixture of signs—when some characteristics point to a dream and some characteristics point to an OBE. Given the duality of projection, where the dream mind influences OBE memory, sometimes a mixed bag of memories is to be expected. Of course, the most reliable way to validate an OBE is to induce a fully conscious OBE exit.

Reality Fluctuations as They Relate to the Dream Mind

Reality fluctuations are said to occur when the real-time zone does not accurately reflect known physical reality. The dream mind affects the quality of OBEs by producing reality fluctuations when it becomes active. As time continues and the dream mind becomes more active, these can become more pronounced. Reality fluctuations also tend to be stronger when the projectable double is in close proximity to its physical body. Try to move away from your physical body once you project, as this will help lessen the dream mind's influence.

There are a few things that help reduce the onset of reality fluctuations. It is advisable, for example, to have OBEs under slight discomfort conditions as this delays the onset of dream mind interference. Briefly looking at your hands every ten seconds or so also helps stabilize an OBE. This appears to send a small shockwave back to the physical/expanded energy mind, which in turn helps to focus energy in the projectable double. It is very easy to slip into a dreamlike state during an OBE and lose track of what you are doing. Giving a running verbal commentary also helps stabilize an OBE, as this helps keep your mind focused. It also helps to keep moving and not to focus too long on any one object.

Once you gain more experience, you can use reality fluctuations to let yourself know when the dream mind is becoming active, which is a sign that your body/mind is falling into a deeper level of sleep. At this point, it is advisable to end the OBE as soon as possible or risk losing memory of the experience.

Making a Sleep Programming Recording

Since the beginning of this program you've employed sleep programming in a basic way by reciting nighttime affirmations as you fall asleep. Now it's

time to take sleep programming to the next level by creating and listening to a sleep programming recording while you drift off to sleep.

A sleep programming recording can be as sophisticated as you want to make it, but at its basic level all it requires is a tape recorder with a record button and a built-in microphone. The idea is to recite/repeat a list of affirmationlike suggestions (a script template is provided below) to which you will then listen with headphones or a pillow speaker as you fall asleep. This is an effective way to program all levels of your mind and body with suggestions to have an out-of-body experience.

Take the tape recorder into a room where you won't be disturbed, turn on the recorder, and begin reading the script. Talk soothingly—something above a whisper and below your normal speaking voice. Speak slowly. Pause anywhere from five to ten seconds between affirmations. Use a confident, insistent tone. Speak in a voice that you would use if you were trying to urge someone else to project.

If you have the equipment, you can read each affirmation into the recorder once and then copy it over multiple times. It actually may be easier just to spend the requisite time (fifteen minutes, thirty minutes, etc.) reciting the affirmations over and over again. This also has the advantage of allowing you to vary the order of the affirmations once in a while or to recite an impromptu affirmation for variety.

It also helps to play some white noise such as the sound of surf, rain, or wind to keep a constant level of soft background noise. Music, if it's dissonant or ambient enough, will have the same effect as long as it isn't distracting or will prevent you from going to sleep. A constant level of background noise will give your ears something to hear and prevent the sound of your voice from disturbing you or waking you up after the pause between affirmations. Again, with music or background sound, keep it simple. Play the music or nature sounds in the room with you while you record the affirmations.

If the sound of your own voice bothers you, consider having a friend read the script for you.

Note that most microphones record in a mono signal (one channel) while most headphones are stereo (a different channel plays for each earpiece, right and left). As a result, when playing back a mono recording on stereo headphones, you're likely to hear the sound from only one earpiece. To solve this you can record your voice with a stereo microphone, use adapters to channel the mono signal into both ears, or simply listen to the recording with one ear only. The latter has its advantages in that you can arrange the headphones on your head in such a way that it doesn't make it uncomfortable for sleeping, especially if you sleep on your side.

If you have a personal computer and the know-how, you can use it to record your voice and mix in background music or ambient sounds of your choice. Special sound-mixing software is required for this. Check the Internet, as some excellent sound-mixing shareware and freeware are available online.

Recordings of the sleep programming script given below are included in both MP3 and .WAV formats on the CD that accompanies this book. If you don't have the patience to record your own voice, you can use these recordings for mixing or simply listen to them on your MP3 player while you go to sleep. Turn on the repeat function so they play over and over again.

Below is a template of affirmations to recite on your sleep programming recording. Use these or a combination of your day/night affirmations or create new ones. If you create your own, remember to keep them positive, in the first person, and present tense. Speak softly and soothingly. Allow a good healthy pause between each affirmation.

- I relax and clear my mind.
- I am peaceful and relaxed.
- I slowly drift off to sleep.

• I remain aware as my body goes to sleep.

• As I drift off to sleep, I am completely aware of my out-of-body experience.

• I consciously separate from my physical body after it's asleep.

• I now have an out-of-body experience. I now have an out-of-body experience. I now have an out-of-body experience.

• I separate from my body now. I separate from my body now. I separate from my body now.

• I now have an out-of-body experience. I now have an out-of-body experience. I now have an out-of-body experience.

• I float gently out and over the bed.

• I am gently floating, so light, so calm, so at ease. Gently floating, gently floating, perfectly aware, perfectly lucid, out of my body.

• I now have an out-of-body experience. I now have an out-of-body experience. I now have an out-of-body experience.

Repeat the above until you've finished the entire length of the tape. The recording need not be longer than thirty minutes.

When you go to bed, listen to the recording. You want it to be loud enough so you understand the words but not so loud that it prevents you from falling asleep.

Optional: BrainWave Generator Preset "Week 09: Exit Training"

This week's BrainWave Generator preset has two phases.

The first phase lasts three minutes and features six tones. One tone gradually lowers in an audible frequency while its binaural beat transitions from an awake consciousness level down a small step and levels off. The other five tones remain at a constant mind awake/body asleep frequency.

The second phase lasts 117 minutes and features the same six tones. The binaural beat of one dominant tone (the loudest) lowers in a stair-step fashion through various levels of meditation to a mind awake/body asleep frequency. Around the forty-five-minute mark four more tones join in at the same binaural beat frequency to form a crowned triad that enhances the audible richness of the sound.

The visual frequency (if you are using light goggles) parallels the dominant tone downward in a stair-step fashion.

Be sure to use the preprojection routine and exit techniques while listening to the program.

Total preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 9
DAILY PAGES

This week's exit techniques:

Washing hands method: Imagine holding out imaginary hands beneath a running faucet. Feel yourself lathering up with soap while the water runs over them. Vary the speed of the washing action and the distance your hands are out in front of you.

Rope cargo net method: Visualize that you have a large rope cargo net hanging down in front of you similar to the heavy rope netting used on military assault courses. Climb the rope netting in a method similar to the rope technique.

Balloon method: Imagine and feel yourself taking on the form of a helium balloon. You become a lighter-than-air substance that is encased in a thin, rubbery shell. Feel yourself expanding and getting lighter and lighter until you feel yourself floating out of your body, rising higher and higher.

DAY 57

OBE Exit Training: Washing Hands Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Washing hands (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Washing Hands Method (20 Minutes)

1. Imagine your hands are out in front of you and perform a washing action as if washing your real hands and forearms with soap and water.

2. Vary the speed of the washing action from slow to rapid and keep it at arm's length from your body.

Daily Tips

Robert: The whole idea behind all the training in this program is to teach you how to recreate what happens naturally while you sleep (sleep projection). The difficulties of inducing OBE exits are solely caused by the presence of awake consciousness (you are awake instead of being asleep). To overcome this you need to train yourself to artificially recreate similar conditions as occur during natural sleep projection. Also, you need to persuade your subconscious mind that you are kind of asleep and that it's okay to have OBEs under these artificially created conditions. The OBE is a very simple phenomenon that occurs smoothly and naturally while you sleep. But inducing an OBE while your mind is awake and remembering it after the fact is, as you know, quite another matter.

Brian: I like this particular method because of the many possible variations it provides and how easy it is to combine with other techniques. Instead of

washing hands, sometimes I'll put myself in front of my computer and imagine I am typing. This has the added benefit of placing me away from my physical body as well as keeping my attention focused on my imaginary hands in front of me. Occasionally, for about five minutes at the beginning, I'll imagine I am typing affirmations ("I now have an out-of-body experience," this sort of thing), eventually clearing my mind again and concentrating solely on the feeling of my fingers moving over the keys. Another scenario is to place myself in front of my bookshelf holding an open book. I will imagine my hands turning the pages, one by one, paying close attention to the texture of the paper beneath my imaginary fingers. This particular one often gives me a rapid sense of falling when I do it long enough.

Your Program Notes/Observations

DAY 58

OBE Exit Training: Washing Hands Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Washing hands (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Washing Hands Method (20 Minutes)

1. Imagine your hands are out in front of you and perform a washing action as if washing your real hands and forearms with soap and water.

2. Vary the speed of the washing action from slow to rapid and keep it at arm's length from your body.

Daily Tips

Robert: Momentary lapses in consciousness (blinking in and out during OBE exit attempts) can, as Brian mentions below, indicate failed shadow memory downloads. But this also has a positive side that you can turn to your advantage. When you blink out for a short time, for all intents and purposes you have fallen asleep and had a brief nap. This automatically deepens your level of physical relaxation and trance. When this happens, your chances of making a successful OBE exit are greatly increased. So don't give up just because you have blinked out a few times or you will miss a good opportunity.

Brian: I've discovered an interesting phenomenon. Often I will go through a trance session with a completely focused mind. I'll be completely relaxed, my mind completely focused and clear, and have a relatively stable trance session going. Once I start to do an exit technique, I'll find myself blinking

out precisely as if I drifted off to sleep for a little while. This could be a symptom of a mind-split/shadow memory download problem. If you start experiencing this, consider using slightly more discomfort to keep yourself uncomfortable enough to stay awake. It gets easier with practice.

Your Program Notes/Observations

DAY 59

OBE Exit Training: Rope Cargo Net Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rope cargo net (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Rope Cargo Net Method (20 Minutes)

1. Imagine that you have a large rope cargo net hanging down in front of you. It is similar to the heavy rope netting used on military assault courses that is hung from poles to make a short, high rope fence that victims have to climb.

2. Climb the rope netting in the same manner as described for the normal rope technique. With this method it doesn't matter as much where your hands go, as they will always find a piece of rope to grab.

3. Scramble up this net any way you can using hands and arms and legs and feet in any way that works to propel you upward and out of your body. This technique solves many awareness hand/arm control problems where they appear to have a mind of their own and flop and slide all over the place.

Daily Tips

Robert: An artificially induced body asleep/mind awake trance state is almost identical to the natural sleep state but for the presence of an awake and lucid mind. We try to hide the presence of the awake mind by holding the mind clear of thoughts. An OBE exit cannot occur while the mind is thinking in words or is too excited. The whole idea behind conscious OBE exit techniques is to fool the energy body's projection mechanism into

sensing that a sleep projection is *already* in progress so it will react by activating the projection reflex and complete the OBE exit while your mind is still awake and lucid. This "fooling" is done by first emulating the sleep state and then by exteriorizing one's sense of body awareness and consciousness to trigger the projection reflex.

Brian: After visualizing climbing for a little while, I find the ability to concentrate grows steadily more difficult and the actual feeling of my imaginary body awareness arms climbing becomes more vague and difficult to follow. The rope cargo net method helps in this regard. Often if I'm doing rope and begin to have a hard time concentrating, I'll switch to this technique to maintain my concentration.

Your Program Notes/Observations

DAY 60

OBE Exit Training: Rope Cargo Net Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rope cargo net (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Rope Cargo Net Method (20 Minutes)

1. Imagine that you have a large rope cargo net hanging down in front of you. It is similar to the heavy rope netting used on military assault courses that is hung from poles to make a short, high rope fence that victims have to climb.

2. Climb the rope netting in the same manner as described for the normal rope technique. With this method it doesn't matter as much where your hands go, as they will always find a piece of rope to grab.

3. Scramble up this net any way you can using hands and arms and legs and feet in any way that works to propel you upward and out of your body. This technique solves many awareness hand/arm control problems where they appear to have a mind of their own and flop and slide all over the place.

Daily Tips

Robert: Whatever the combination of imagination and body awareness actions involved with an OBE exit technique, creating a sense of movement, even if only slight, always makes it easier to imagine/feel yourself as existing outside the bounds of your physical body. This also makes exit techniques work better. The body awareness actions involved

with exit techniques are always fairly basic, but the imagination aspect can be as simple or elaborate as you like.

Brian: I find it easier to get a sense of upward movement with the rope cargo net method if I put the net in front of something. It can be a tower, a rock face, a tall building—something that I can see go by as I get higher, something I can use to gauge my progress and give me a sense of upward ascent. Again, it also helps to have a goal and purpose for climbing. Put something of great importance above you and use all your will to climb up to it.

Your Program Notes/Observations

DAY 61

OBE Exit Training: Balloon Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Balloon method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Balloon Method (20 Minutes)

1. Imagine that your form is changing into that of a helium balloon. You feel yourself expanding and becoming a lighter-than-air substance encased in a thin, rubbery shell. Feel yourself getting lighter and lighter until you feel yourself hovering slightly, then rising higher and higher as you slowly float up and out of your body.

2. Feel yourself gently bump and bob against the ceiling with a sense of swaying movement as you float there. Become aware of your changed perspective in the room and of your physical body below you.

3. Finally, feel yourself slipping through the ceiling or through a portal or opening. Feel yourself getting lighter and lighter as you rise slowly up over your neighborhood and beyond, getting steadily higher and higher.

Daily Tips

Robert: Imagination has no bounds so imaginative OBE exit techniques have no limits. For example, instead of a balloon floating over your neighborhood, you can imagine you are sitting or lying on a magic carpet. This floats up and away with you in much the same way as in the balloon scenario, but the magic carpet is capable of enormous speed and agility. Fly across the ocean and explore the world, visiting exotic countries and cities, the North Pole, and so on. Another version would be to imagine you are

lifting off in a small spaceship and that the sky is no longer the limit. You can then explore the solar system and beyond. Use your imagination!

Brian: This method involves a good combination of keeping your thoughts focused away from your body while simultaneously feeling the sensation of both floating, flying, drifting, and swaying. Whenever I imagine myself as the balloon—whether it is hovering over the bed or gently bumping against the ceiling—I try to lock on to the feeling of swaying and rocking. Spending time in a rocking chair (rocking with eyes closed) before attempting this exercise can be helpful.

Your Program Notes/Observations

DAY 62

OBE Exit Training: Balloon Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Balloon method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

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2. Feel yourself gently bump and bob against the ceiling with a sense of swaying movement as you float there. Become aware of your changed perspective in the room and of your physical body below you.

3. Finally, feel yourself slipping through the ceiling or through a portal or opening. Feel yourself getting lighter and lighter as you rise slowly up over your neighborhood and beyond, getting steadily higher and higher.

Daily Tips

Robert: After stimulating your primary centers, raising energy and performing the full-body circuit will have a stronger effect on your energy body. This works best if you feel light but noticeable energy sensations in most of your primary centers. If you still have some inactive areas, spend a little extra time working on inactive centers and less on more active areas.

Brian: The shape of the balloon need not be the shape of your body. It can be round or oblong, and any size or color. I find that I'll start the exercise

with the balloon shaped like my body but invariably, by the time I'm drifting over the neighborhood, I'll be simply an oval shape skirting above the trees.

Your Program Notes/Observations

DAY 63

OBE Exit Training: Balloon Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 9 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Balloon method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I remain relaxed and calm as the OBE exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement that I have been practicing for weeks. This is merely a transitional thundercloud through which I must pass. On the other side is freedom.
EVENING	Tonight I awaken as I return from the astral state. As I stir out of sleep, I perceive clear memories of the reintegration process. I use key questions to recover memories of my astral experiences.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

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2. Feel yourself gently bump and bob against the ceiling with a sense of swaying movement as you float there. Become aware of your changed perspective in the room and of your physical body below you.

3. Finally, feel yourself slipping through the ceiling or through a portal or opening. Feel yourself getting lighter and lighter as you rise slowly up over your neighborhood and beyond, getting steadily higher and higher.

Daily Tips

Robert: OBE exit techniques involve various combinations of imagination and body awareness techniques. The goal is to fool the subconscious mind into accepting and allowing an OBE exit to begin. However, as you may have realized, in general OBE exit techniques only *temporarily* fool the subconscious mind. Because of this, a single OBE exit technique will often only work powerfully in the short term (e.g., you discover a new exit technique, like rope) and find it works very well to start with. But after

using it for a while, you notice that it is not quite as effective as it was at first. This is because, much as the energy body continues body awareness actions on its own, the projection mechanism also develops a kind of memory. This also applies to OBE exit audio aids. The way around this "memory" is to vary your exit technique many times during every OBE exit. For example, you might start with rope, then after a minute switch to point shift, then to cargo net, then to balloon, then to rolling out, and so on. This has the effect of fooling your subconscious mind into accepting and allowing an OBE exit.

Brian: One of the ways that I use to combat the tendency to tense up during the exit is to play dead. I imagine that I am an extra in a war movie lying dead on a battlefield. I use all my power to act this out as thoroughly as possible. I find when I do this that I go completely limp and let go of muscles that I don't when I'm doing the relaxation session. This is especially helpful when doing "active" exit techniques, like the steam engine.

Your Program Notes/Observations

Before Moving On

This week you should have:

- gained a basic understanding of the mind split and how the dream mind affects projection;
- some ideas for judging the difference between dreams and OBEs;
- learned how to create your own sleep programming recording;
- practiced each of this week's OBE exit techniques.

Last night I decided to work on my relaxation and trance. For some reason things felt different than usual. I lay in bed with my wife and five-year-old daughter, who were already asleep. I did some energy work and concentrated on my breathing. It was tranquil and peaceful. I kept this up for almost an hour and then used the rope technique.

I've failed so many times in the past (I've been trying this stuff for fifteen years, off and on with different methods) it is tempting to just give up sometimes. I was lying on my back and imagined climbing the rope while trying to keep my breath slow and regulated. Within a minute I felt a strange feeling in the pit of my stomach, so I kept at it. Then this pounding came into my chest. I kept climbing and it got stronger and stronger.

I had read the warnings about what to expect but, wow, it was so strong it was breaking my concentration and climbing visualization. Thought after thought flew through my mind. "It's the vibrations! OBE or bust, baby! No it's my heart chakra. No! It's my real heart. I'm gonna have a heart attack. How in the hell is this pounding not waking up my daughter lying right beside me? Gonna do it man. Get out, look at my hands, and jump right back in. Oh no, I've lost my breathing focus. Keep climbing! You're losing them, you're losing it." And so on.

Well, I let it slip away and I don't know why. I noticed my breathing was still slow so I knew it wasn't my physical heart causing it. Surely I would have been breathing like a racehorse if my heart was really pounding like that. Maybe I just didn't keep my mind quiet enough. Or maybe the mind-split occurred and I missed the re-entry.

I remember telling myself, "This stuff is for real!*" It actually felt like someone was pounding a fist on my chest faster and harder. I've never been that close before.*

WEEK 10

Troubleshooting

What to Expect

- Program assessment and adjustment tips
- Energy-raising problems and solutions
- Primary center problems and solutions
- Relaxation problems and solutions
- Breathwork problems and solutions
- Brow center trigger problems and solutions
- Mind-taming problems and solutions
- Trance problems and solutions
- Body-loosening and exit problems and solutions
- Setting achievable goals
- Ideal conditions for practicing the exit
- *Optional:* BrainWave Generator instructions
- OBE exit techniques
    - *Steam engine technique*
    - *Water ski rope technique*
    - *Big wheel technique*

Reassessing and Making Adjustments

You've been practicing exit techniques for at least three weeks and it's now time to pause to examine your progress and make adjustments. There is a lot to remember when first learning conscious-exit projection. It involves a delicate balancing act where adjusting one factor can affect others.

For example, one objective when learning the exit is to remain deeply physically relaxed, while another is to increase mental effort with the exit techniques. If you relax too much, it makes it tough to concentrate on the exit technique; but if you focus too much on the exit technique, you're liable to tense some muscles. Finding balance is key to the OBE exit.

Because there is so much to think about, it's not uncommon for aspiring projectors to skip steps or to gloss over one area in favor of another while trying to orchestrate everything into a cohesive routine. Most people find it helpful at some point to examine their OBE exit sessions with a critical eye.

Additionally, it doesn't hurt to review the steps for some of the more elaborate exercises (relaxation, breathing, trance induction, etc.) for a quick refresher to make sure, in the effort to put everything together, that you haven't been leaving out something important.

This week is all about stepping back, evaluating your progress, focusing on problem areas, and turning weaknesses into strengths. Start by reading through your journal entries from Part 1 of the program and thinking back through the learning process. Then move on to Part 2 journal entries to find areas that could be improved on. Here you're trying to examine the program as a whole before breaking it down into its individual parts. Is there a problematic area? Is there something that only worked once but didn't work another time? Can you see any significant patterns?

What follows are some common OBE induction problems and suggestions on overcoming them. These are organized by the various steps leading up to and through the exit techniques. As you read, take note of how you might apply some of the suggestions.

Energy-Raising Problems

Raising energy via deep breathing and the full-body circuit may be *the most important factor* for achieving a successful OBE and remembering it. In an out-of-body experience energy is everything because energy equals strength of consciousness and lucidity. Not only will raising and storing larger amounts of energy help you project, it will enhance the clarity of your mind and your senses once you do get out. It also influences your ability to move around in the OBE environment. Without a clear head, what starts as a textbook OBE can quickly dull into a series of vague and dreamlike memories.

Raising energy is simple and you need not be in a trance state to do it. It can be accomplished anywhere and in any position. With practice, the process can be as unconscious as breathing. The challenge has less to do with the ability to practice energy raising and more with *remembering* to practice.

One of the quickest ways you can advance toward a successful exit is to raise energy at every opportunity: driving to work, walking to class, waiting for the elevator, and so on. Try raising energy for ten minutes before your exit sessions, then increasing to fifteen minutes, twenty, and on and upward. At some point you will find that raising energy will begin to affect the quality of your sessions as well as your ability to stay focused.

If you still find raising energy difficult, go back to basics. Practice breath awareness, energy body stimulation, and energy bouncing. You should still practice these methods periodically, even in Part 2 of the program. If you still find energy raising challenging or ineffective, you may want to consider devoting a few weeks to repeating the energy stimulation exercises in Weeks 1 and 2.

Primary Center Stimulation Problems

If you are having difficulty getting your primary centers to activate, we recommend spending fifteen to thirty minutes doing energy body

stimulation, the full-body circuit, and then primary center stimulation separate from your OBE exit routine.

If you find that most of your primary centers still don't activate, you may need to do more secondary energy body development work. Everyone is different in this respect. In this case, it would be beneficial if you were to focus on the energy stimulation exercises in Weeks 1 and 2 of this program before making further exit attempts.

Once you begin to feel significant energy movement in response to secondary energy work, resume primary center stimulation. If you find improvement there, carry on with the OBE exit attempts.

Try not to overdo primary center stimulation on the higher centers, particularly the heart and brow centers. Too much stimulation can lead to emotional problems and/or psychic/mental imbalance. However, if you are having problems activating your primary energy centers, the risks are obviously minimal. Review Week 4 for a complete list of adverse side effects and their solutions. We recommend a maximum of thirty minutes of primary center stimulation per day.

Relaxation Problems

Difficulty Relaxing Specific Body Parts

If you're having trouble targeting specific parts of your body for deep physical relaxation and a hot shower or bath isn't taking care of the problem, you might investigate yoga-style stretching exercises that target the specific area of concern. Some parts of your body (especially neck and shoulder muscles) can be very difficult to isolate and stretching is a great way to eliminate some of the tension that builds up in these areas.

In the interim, consider morning OBE attempts shortly after waking up. This allows you to take advantage of postsleep relaxation with a minimal amount of effort.

Muscular Tension After Relaxation

If you find your body grows uncomfortable when you move on to trance induction after physically relaxing, you might benefit from changing position to make yourself more comfortable. If you're lying down, consider placing a pillow beneath your knees to relieve pressure on your lower back. If you're sitting, place a pillow beneath your feet to provide arch support.

Achieving balance between slight discomfort and distracting muscle tension is another balancing act that requires experimentation and adjustment. Remember, you don't want to be so relaxed that you fall asleep entirely. At the same time, you will need to be free enough of muscular tension so that you're able to project.

Neck and Back Discomfort During Exit Training

Neck and back pain during exit-related exercises are common problems. If experimenting with pillows and positions doesn't help and practicing yoga stretches fails to alleviate the problem, consider consulting a medical doctor, physiotherapist, or chiropractor.

Breathwork Problems

Most people don't breathe very deeply during their waking hours. They take shallow breaths—only what is required. When one first undertakes breathwork it often requires effort and concentration. Learning to take long, full, slow breaths requires practice. With time and experience, however, one can breathe at the correct pace without counting out the beats. It no longer takes effort, it just happens.

Some people have difficulty breathing when they enter trance. Often this is a result of a pre-existing medical condition called *sleep apnea,* which can cause a person to temporarily stop breathing and then gasp for air during the sleep cycle. Since the object of trance is to foster a mind awake/body asleep state, sleeping disorders such as sleep apnea tend to become apparent where before they went unnoticed.

If you're having difficulty breathing during trance, try adjusting your position so your head is tilted back farther and your breathing passages are held more open and clear. Also, give your nose a good blow before practice. A minor shift in position may be all that is required. If the problem persists, consult a medical doctor, as this condition can be dangerous if left untreated. Drinking, smoking, and being overweight exacerbate sleep apnea. Getting in better shape and avoiding these risk factors can alleviate this condition.

Brow Center Trigger

It can take several days or more to loosen up eye muscles sufficiently to angle them comfortably upward to the brow center for significant amounts of time. Take your time and practice every other day for longer and longer periods, giving your eyes ample time to rest and recover in the interim.

If you have difficulty angling your eyes up toward your brow center with your eyelids closed, practice with your eyes open for short periods before OBE exit practice. Hold a finger in front of your brow center and focus on this to get the hang of where your eyes should be. Then close your eyes while holding them in position.

If you have trouble during trance, it can help to stimulate the brow center for a few minutes with sponging, tearing, wrapping, and bounce awareness actions. When you feel your brow center start to tingle or pulse, angle your eyes in its direction.

Some people find the brow center trigger difficult and distracting. This isn't absolutely necessary for the OBE exit, but it is a reliable switch for triggering and augmenting vibrations and other exit symptoms. An alternative is to only use this when you actually get weak or patchy vibrations, then immediately use this eye position to boost them to OBE exit level. If you ignore it, a little temporary discomfort in the eyes will not interfere with the exit. Later, when you grow more accustomed to OBE exit practice, try integrating the brow center trigger back into your routine.

Mind-Taming Problems

Mental Chatter

Some people have great difficulty quelling internal mental chatter that no amount of practice seems to alleviate. If you are having this difficulty, you may want to try practicing quieting your mind by listening to music.

Choose music that doesn't have any lyrics and focus on it to the exclusion of all other things. Close your eyes, take a deep breath, and simply listen. When you have success at keeping your internal verbal process quiet, switch to music that is less melodic or use ambient sounds such as rainfall, ocean waves, wind, crickets chirping, and so on. Finally, try reverting back to the mind-taming exercises given in Week 3 of this program.

Avoid playing music during your OBE exit sessions, as this could become a crutch. It can also be distracting, especially when the music provides an emotional undercurrent that might otherwise distract you from your objective.

Preoccupying Thoughts or Concerns

If you find life's worries and distractions are seeping into your mental quiet, it may be necessary to get up and take care of a few tasks before continuing with your OBE work. If this is impractical or impossible, try writing down your concerns, worries, or thoughts in a notebook. Writing down problems and/or distractions often alleviates the need to think about them or to worry that you'll forget to deal with them. Continue the writing process until you've exhausted all the thoughts that creep into your mind-taming exercise and then move on.

You always have the free will to choose not to worry. Resolve that for an entire day you will not be preoccupied with worrisome thoughts. Choose to worry about them tomorrow, and when the next day comes, consider putting them off for another day. Who knows, the object of your concerns may never happen. Another way of dealing with this is to have a set time that you will devote to worrying—say, half an hour per day.

Grounding activities also help alleviate stress and worry. Take a shower, do some gardening, exercise, take a walk, read a good book, and so on. These kinds of activities tend to center your energy so it can be more easily focused and directed during meditation.

Trance Problems

Falling Asleep

Falling asleep during trance usually points to a sleep deficit. The easiest way to fix this is to get more sleep or to schedule your exercises earlier in the day when you are less fatigued. If that isn't possible, try taking a twenty-minute nap (no more than twenty minutes) and then doing some brief physical activities to help wake you up. Splashing cold water on your face and the back of your neck is an excellent way to get back to full consciousness. When you feel awake and refreshed, begin your exercises.

Another idea is to adjust your level of slight discomfort to make falling asleep a little more difficult. This might be something small, like altering your position or the angle at which you're sitting or reclining. If you are using a bed, try putting a small board under your heels. Refer to the suggestions in Week 5's "Trance Practice: Using Slight Discomfort for Altered-State Conditioning" section for more ideas.

Cramps and Sore Muscles

Some people, especially those not used to the motionlessness of meditation, may experience pain or muscle cramps. This sensation can feel like a localized pressure or heaviness, as if someone were squeezing one of your limbs. It can also ache like a sore muscle, tempting you to move and stretch to alleviate the pressure. This often ranges between a mild distraction to something that requires you to end the trance session prematurely. Pressure of this kind can indicate energy blockages, which usually go away with regular energy development and trance practice. If this problem persists, spending more time on secondary energy work exercises can help clear

stubborn blockages and solve the problem. If these are more like physical cramps, doing some stretching exercises beforehand may help.

Itches and Primary Center Pressure

Projection attempts stimulate the higher primary centers in a big way. People who are unused to energy body development may feel intense activity in their brow and crown centers. Pressure symptoms may also be present. These can range from a throbbing in the center of the brow to a pulsing at the temples; from a sense that there is a tight band around your head to a strong feeling of pressure in the middle of your forehead. This type of pressure can become intense and painful at times and can even result in headaches. When this happens, cease all exercises for a day or two and treat the headache as you would normally.

These pressures and pains can aptly be called *growing pains* in an energy body sense. They indicate that dormant primary centers are becoming active. Fortunately, they seldom last long and usually clear up after a few days.

Additionally, activity in the crown and brow centers will usually activate a web of the supportive energy pathways in the facial area. This causes tickling and itching sensations, what are commonly called *cobwebs.* This will reduce with regular energy development, but for some people they never completely go away. Just do your best to ignore them. If you must scratch, use slow, dreamy movements so as not to break your trance state—but if you're close to the exit, don't move at all, as this will abort the projection.

Dry Mouth or Excess Saliva

If you find your mouth and/or throat becoming distractingly dry during trance sessions, it may be the result of breathing through your mouth. If this is the case, the simple solution is to breath more through your nose. Giving your nose a good blow to make sure your nasal passages are clear will also

help. If this isn't possible due to congestion, try having a glass of water before your session to prevent dehydration.

If you find that saliva accumulates in your mouth during trance, avoid eating or drinking anything sweet prior to your sessions. Rinsing with mouthwash, brushing your teeth, or gargling with saltwater can also help by removing anything lingering in your mouth that might cause you to salivate.

A change in position might also be required. Angling the upper half of your body slightly more vertically can help prevent saliva from accumulating in the back of your throat, which increases the need to swallow. Swallowing occasionally won't break a trance or OBE exit session if you do it slowly and carefully. If you allow yourself to become too aware of your mouth, this can be very distracting and will increase saliva flow. Try not to think about it and just let swallowing happen naturally in the background.

Body-Loosening and Exit Problems

Tensing During Exit

One of the challenges with OBE exit techniques is to not allow mental effort to affect your physical body. This is especially true with active exit techniques like rope and the point shift method. The difficulty is that sometimes you won't be aware that your muscles are tensing in response to mental effort. You can identify this problem if after an unsuccessful exit attempt you find your body moving slightly or noticeably relaxing as you cease mental effort. This can be very subtle, such as the faintest easing of facial tension or a slight uncurling of your fingers and toes.

Tensing muscles during exit techniques is a sign that you need to spend more time practicing the deep physical relaxation routine. Regular practice is key for learning deep relaxation. In time, deep physical relaxation will become more automatic, requiring progressively less time and effort to achieve.

Another method for overcoming muscle tension during the exit technique is to try for an exit after several hours of sleep, such as early in the morning. When you've been asleep for a while, there is already a disassociation between mental and physical activity. You can use this to your advantage.

Another way to release tension is to relax and visualize yourself doing some physical activity that's not associated with projection. Imagine yourself running hard or lifting something heavy, putting all your mental effort into it while keeping your muscles completely relaxed. For some reason, when you're not actively trying for an exit, there seems to be less chance of flexing muscles in response to mental effort. When you feel that you're able to imagine nonprojection-related physical activity without tensing up, try the exit technique again.

If all else fails and you can't relax effectively during active exit techniques, stick with passive techniques until your relaxation skills improve.

Mental Focus Problems

Occasionally, aspiring projectors find active exit techniques too demanding. More specifically, they find it tricky to imagine their awareness hands climbing or pulling on ropes or ladders. Some find that one arm will feel weaker or harder to control than the other. Others find it difficult to imagine themselves getting higher as they climb or they simply lose mental focus quickly and lose touch with the exit technique being used.

There are various solutions to these types of difficulties. First, try memorizing the action being employed. For example, try physically pretending to climb a rope using a prop rope tied overhead, climbing hand over hand while letting the rope slip between your fingers. After getting used to the physical action, practice closing your eyes and imagining yourself climbing. Then try more physical climbing. Alternate physical and mental climbing practice until you can easily visualize yourself climbing. The more you practice, the easier it will become.

Imagination can be used to solve a lot of problems because it has no limits. If you find it difficult to imagine what it would be like to climb up through the roof of your bedroom and rise over the neighborhood, try imagining yourself in another place. Imagine climbing a ladder to reach a high-diving board. Imagine yourself climbing in a forest and look up into the sunlight. See the branches pass you as you ascend, feel the texture of the leaves as they brush past your skin, and so on.

If you tend to lose focus after climbing for a while, try alternating what you are climbing. For example, start with a rope, then after a minute switch to climbing a ladder, then switch to a cargo net. Varying the climbing imagery slightly will help you maintain focus.

Sexual Arousal

Another complication sometimes associated with the OBE exit is when one becomes sexually aroused when pre-OBE exit symptoms occur. While a rare condition, some people experience spontaneous orgasm at this time, which aborts the exit for obvious reasons. Energy-related sexual arousal is different from normal arousal in that there is no obvious sexual stimulus or fantasy. This can be distracting to the point of ending the OBE exit completely. This type of sexual arousal is caused by energy activity in the lower primary centers, particularly the base and genital centers. This is why when stimulating the primary centers we suggested the genital center be avoided.

One fix for this situation is to spend more time stimulating and developing your secondary energy pathways and using the full-body circuit. This can be done in separate sessions from your main exit practice, so you can continue to progress in both areas.

Another solution would be to relieve sexual tension before an exit attempt. This also eases physical and mental tensions and promotes energy balance. The only reason for not doing this would be if you are energized by sex and have difficulty relaxing and falling asleep afterward. In this case, it might

prevent deep physical relaxation and mental quiet. At the same time, this is one way to temporarily overcome fatigue, so an OBE exit attempt can be made before going to sleep.

Resisting the Exit Sensations

If you've never felt OBE exit symptoms, they can become overwhelming in a hurry. Some people don't like the loss of control that comes with this. Others are simply surprised by the visceral sense of vibrations and inner movement. There is a natural tendency to resist these sensations. Still others, understanding for the first time just how real the OBE exit is, suddenly decide they've changed their minds and want to stay in their bodies.

An automatic resistance can occur in response to OBE exit symptoms. This can affect future projections. Negative conditioning can increase not only exit difficulty but also the severity of future exit sensations. You must be committed to the exit. Do it and don't look back. The sooner you project the sooner the exit symptoms will cease. Commit totally to the exit; focus on the exit and steel your nerves like a karate expert preparing to break a board. Turn whatever energy you might otherwise use for resistance into motivation to finish the exit and get out of body.

If you've already developed a resistance to the exit, it can take some time to overcome this. The best thing to do is to continue OBE attempts with more attention being paid to deep physical relaxation and positive affirmations. Fantasizing about experiencing heavy exit symptoms can help alleviate OBE exit resistance. Here you should relax thoroughly and then imagine what the exit sensations will be like. Imagine yourself reacting calmly, every muscle going limp in response to the vibrations and heart center activity, and all your mental focus going into your OBE exit technique. Then imagine yourself following your OBE walk-through to the letter.

Getting over negative exit conditioning can simply be a matter of being aware that it's there and responding to it appropriately. When you feel yourself tensing, even if it's only mental, tell yourself to let it all go. Acknowledge that you have the ability to experience reality separate from your physical being: that it's okay to let go and surrender yourself to the exit.

There is another situation you may encounter along the same lines. If you notice that the vibrations are usually localized to a certain part of your body (e.g., your left arm, your right leg) and you notice that your body tenses up in response to them, you may simply have an energy blockage in that area or in surrounding areas. This often occurs in places of old injuries or in locations where muscles and joints are overused or suffer chronic pain. For this we recommend secondary energy work devoted to healing these areas, such as energy bouncing, sponging, wrapping, and brushing techniques to highlight and strengthen problem spots. Secondary energy work has strong self-healing side effects and can help relieve pain and heal injuries.

Sudden Energy Rush

Shortly before or during the OBE exit you may feel a sudden sense of falling. Frequently, an adrenaline-type rush of energy (like you get when you feel extremely excited) accompanies this falling sensation. This is the type of sensation you might experience when listening to exciting, uplifting music. While not unpleasant, this can be very distracting. It's fairly typical to experience this rush during the exit but it's perfectly harmless.

Be prepared for this and try to ignore it as best you can when it happens. This can throw you right out of the trance state, aborting an OBE right on the brink of the exit. If this becomes chronic and happens every time, spend additional time raising energy and doing primary center work separate from OBE exit practice. Affirmations can also be a great help in overcoming this excitement.

Mastering the OBE exit takes a delicate balancing act and this energy rush is just one of the things that needs integrating during the exit. Your first wake-induced OBE is a tremendously exhilarating event. This provides great personal proof about the reality of OBE. Think about all the possibilities that suddenly become real once the OBE exit is achieved. If you add all these together, it's clear that your first OBE will be a momentous personal event. To succeed you will need to stay perfectly calm before, during, and after the exit. Try to generate the feeling that you are a dispassionate observer and hold this at all times.

Incomplete Separation

It is possible to go through the exit process almost entirely only to find yourself mysteriously stuck to a part of your body. This can happen in a number of ways. Sometimes you can feel you've projected but then are unable to do anything more than move around within the confines of your own body. A projector in this situation can wriggle and even turn around within his or her own skin with complete vision, unable to escape from the shell of the physical body.

Several things may have happened to projectors in the above situation. An inner projection of the expanded energy body may have occurred, but with no actual externalization of a projectable double taking place. In this case it's often best to clear one's head and resume the exit technique, focusing all one's attention away from the physical body in an effort to excite the energy body to manifest.

It is also possible that an OBE has already occurred, but due to the mind-split effect this has happened unnoticed, also leaving the projector conscious but locked within his or her internal expanded energy body. If this is the case, further OBE exit attempts obviously cannot work, so it is best to clear your head and await your projected double's return. If your projected double follows a standard early OBE plan, it will return within a minute or so. The symptom of reintegration is a brief tingling sensation

rushing upward from feet to head. When this is felt, clear your head and try to capture your OBE memories.

Another situation in which this can happen is where the projecting double seems to be glued to a specific body part (like an arm, leg, the head, or the stomach) resulting in a partial projection. This will not damage you, but it can be painful if the projected double pulls too strongly to free itself from its physical body. Under these circumstances, one can be dealing with a body part that hasn't been sufficiently relaxed. If this occurs, more effort should be paid to relaxing that body part prior to future exit attempts. Also, more energy development work on that body part is advisable in the future.

If the sticking point is in or near the stomach, this can be a symptom of an improperly digested meal. Digestion, especially of heavy protein, requires a significant amount of energy. Undigested meat can also cause problems. OBE exit attempts should be done well after one has eaten a heavy meal.

Watches, jewelry, and tight, restrictive clothing can also make it difficult for some body parts to externalize a projected double. Clothing worn during projection attempts should be loose and comfortable. All jewelry, including rings, earrings, watches, bracelets, and neck chains should be removed to minimize potential exit complications.

Setting Achievable Goals

When you go through your daily OBE exit practice, the aim is that before you finish the process you will have projected. However, after getting into a routine, one can become so focused on the process of inducing an OBE that you lose sight of the process. If you faithfully practice night after night without apparent progress, it can be easy to feel that you are only going through the motions.

Learning to induce an OBE is a difficult thing to achieve for most people. For that reason, if you start feeling you've reached a plateau in your progress, it is helpful to change your objective. Rather than setting your

next goal as the projection itself, set your next goal for doing something a little better than you did last time.

Look for the areas with which you are having the most difficulty or aspects of your routine that could be improved and target these. Try to have a specific goal in mind each time you practice. This might be to achieve a deeper level of physical relaxation or to deepen your level of trance or to stimulate your energy body better.

Examine the steps you use for an OBE exit attempt: energy raising, primary center stimulation, relaxation, deep breathing, brow center trigger, mind taming, trance, body loosening, and the OBE exit techniques. At what stage do you find that you most often run into difficulty? This indicates your most logical next step for refining your technique. This is where you should set your goals for improving your next session. If you continue to repeat this formula—if you consistently look at your routine with a critical eye and set your sights on the next step for improvement—you will steadily get closer to a successful projection.

Learning to have an OBE is a big endeavor for most people. It's easier and less frustrating when it's mastered in small, achievable steps.

Ideal Conditions for Practicing the Exit

One way to adjust your routine is to practice the OBE exit when conditions are ideal for success. Essentially, any time your body is tired but your mind is sharp is a good time to try for an OBE exit. You've probably been in a position where you've stayed up late and begun to feel tired, then had a "second wind" where you are mentally clear but physically fatigued. This is the kind of state to which we're referring.

Coffee and other such stimulants can help keep the mind awake and sharp when the body is overtired, but stimulants also cause a slight tension in the physical body that can make it difficult to achieve the required level of deep

physical relaxation. A combination of stimulants and sleep deprivation for having an OBE will occasionally work for some people, but a delicate balance of stimulant and tiredness is required, which is difficult to achieve and replicate.

There are plenty of times to practice where conditions are ideal. It takes less sleep to refresh the mind than the body, so waking up early and going through your OBE routine is a good time to practice.

OBE attempts don't always have to follow your full routine. Take advantage of likely circumstances when they arise. For example, if you wake up in the middle of the night physically tired but mentally unable to get back to sleep, this is a great time for OBE exit practice. If you normally grow drowsy at certain times of the day, consider taking a quick refresher nap and then making an OBE exit. A nap will refresh your mind and deeply relax your physical body. When you wake up after your nap, hold on to your deeply relaxed physical and mental state and immediately use an OBE exit technique.

The proper mental state for having an OBE is part of the delicate balancing act we mentioned earlier. First and foremost you're trying to remain calm and mentally clear and stay the objective observer at all times. You also want to maintain the proper motivation for actually getting out of your body while simultaneously not trying *too* hard. Drive and motivation are critical ingredients for going from mild exit symptoms to a full OBE exit. Put all your enthusiasm and pure mental energy into this final step. Make the resolution during every OBE attempt that this is going to be it and you're really going to make it out of body!

With this in mind, it improves motivation if you choose a compelling target to which to project. This can be as simple as placing a favorite food or drink (if you are very hungry or thirsty) or some object to which you are particularly attached across the room from where you are practicing the exit. You can also choose a location you've visited before to which you would love to return during an OBE. It can mean focusing your attention on

a loved one—living or deceased—whom you would like to see again. This can even be included in your OBE walk-through practice. The rule here is to choose a target that will heighten enthusiasm without it being overly exciting.

There are other things you can do to vary your routine and make it more interesting. See if a change in conditions works better for you.

- If you normally practice in the evening, try practicing in the morning. If you normally practice in the morning, try practicing in the afternoon or evening.
- If you usually do your energy work sitting up, try lying down. If you normally lie down, try sitting up.
- If you normally wear clothes, try projecting without clothes or with fewer covers.
- Try exercising and taking a hot shower to get your energy going and to help you relax before a practice session.
- If you customarily have long routines, try breaking them up into two shorter sessions. For example, try raising energy and/or stimulating the primary centers in the morning and doing the relaxation through to the exit technique in the evening. Or do the energy work first, then take a short break, and return to do the relaxation and OBE exit attempt.

Optional: BrainWave Generator Preset "Week 10: Exit Training"

This week's BrainWave Generator preset has two phases.

The program features six tones. During the first phase, which lasts ten minutes, one tone gradually and audibly lowers from an awake level to a mind awake/body asleep level. Meanwhile, the other five, quieter tones remain at a mind awake/body asleep level, where they remain for the

duration of the program. Many of the latter tones are also modulated to make it seem like the sound is spinning around your head at different rates.

The visual frequency (if you are using light goggles) begins at an awake level and gradually lowers to a mind awake/body asleep level throughout the course of the first ten minutes. It remains at a mind awake/body asleep level thereafter.

Be sure to use the preprojection routine and exit techniques while listening to the program.

Total preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 10
DAILY PAGES

This week's exit techniques:

Steam engine technique: Imagine a wheel with the diameter of the distance between your chest and outstretched hands. Visualize the feeling of circling your hands along the diameter of the wheel as if playing at being a steam engine. After you settle into a rhythm, reverse the direction.

Water ski rope technique: Imagine the motion of being pulled along by a boat while you're wearing water skis. Feel the sense of motion in the center of your stomach, see the shore blur by, feel the spray of the boat's wake. Make the sense of motion as real as possible.

Big wheel technique: Feel a single point of awareness moving out from your body from your head area and flying upward and away from you. Push this point of awareness up and over the top part of the circumference of a big imaginary wheel. This wheel is in line with and is also a part of your body. Move your point of awareness up through your whole body and then out through your head and out over the circumference of the wheel, moving it all the way around and then back up through your body. Continue this over and over with a smooth circular action.

DAY 64

OBE Exit Training: Steam Engine Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Steam engine (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Steam Engine Technique (20 Minutes)

1. Imagine your hands are out in front of you. Imagine a circle with a diameter of the distance between your chest and your outstretched hands.

2. Circle your awareness hands around each other, following the circumference of this circle (like the hand and arm actions you'd use if you were playing at being a steam engine). After a short time the action will settle into a rhythm.

3. Now here comes the difficult part: after doing it for twenty seconds or more, stop and reverse the action. The awareness action momentum will try to force the circling action to continue in its original direction, making it difficult to stop or change. If you concentrate, you will find this can be achieved. Don't worry if you fail at this the first few times. Keep at it and you'll succeed.

Daily Tips

Robert: The action of the steam engine technique has a natural circular rhythm. This makes it easier to hold your body awareness exterior to your physical body. Reversing the action takes focused effort but can be achieved and makes for excellent training. Once you get the hang of this, try increasing the size of the circle so it brushes the ceiling or wall above or

before you. You'll find your imaginary hands will tend to separate and wander. This is normal, but try to keep them together as best you can.

Brian: The steam engine technique was difficult for me to imagine at first. It helps to practice a version of this with your real hands first. Start practicing the move with your hands for a minute or two and then reverse the action. Next, try the same thing with your eyes closed. Lastly, try practicing with your imagination only. Repeat until you can easily visualize the motion without the use of your hands.

Your Program Notes/Observations

DAY 65

OBE Exit Training: Steam Engine Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Steam engine (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Steam Engine Technique (20 Minutes)

1. Imagine your hands are out in front of you. Imagine a circle with a diameter of the distance between your chest and your outstretched hands.

2. Circle your awareness hands around each other, following the circumference of this circle (like the hand and arm actions you'd use if you were playing at being a steam engine). After a short time the action will settle into a rhythm.

3. Now here comes the difficult part: after doing it for twenty seconds or more, stop and reverse the action. The awareness action momentum will try to force the circling action to continue in its original direction, making it difficult to stop or change. If you concentrate, you will find this can be achieved. Don't worry if you fail at this the first few times. Keep at it and you'll succeed.

Daily Tips

Robert: The difficulty of this exercise shows its training value. If you practice this regularly you will gain better control of hand/arm awareness actions. This benefits all body awareness stimulation and energy-raising actions, including those used with projection exit techniques. This exercise

can also trigger the projection reflex on its own. Look upon this as an arm and hand awareness muscle-building workout.

Brian: If you find that your primary center stimulation exercise is taking less and less time, consider spending some extra time raising energy. The more energy you have stored up, the clearer and longer your OBE is likely to be. There were several times when I went to sleep raising energy and I had dreams that were so incredibly vivid and lucid they were absolutely indistinguishable from waking reality.

Your Program Notes/Observations

DAY 66

OBE Exit Training: Water Ski Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Water ski rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Water Ski Rope Technique (20 Minutes)

1. Instead of a rope hanging from the ceiling, imagine you are holding the handle of a ski rope with outstretched imaginary hands. The rope is attached to a powerful speedboat in front of you. The rope is taut and you are pulling on this, feeling its springy resistance, which keeps your hands moving a little. If you are lying down in bed, feel yourself hanging on tightly to the handle of the ski rope as if you were floating on your back ready for a deep-water start. If you are sitting up, imagine you are crouching ready for a beach start.

2. Adjust the angle of the ski rope to whatever feels most natural. Imagine you can hear the engine revving up, the excitement building, and then suddenly the boat takes off and drags you out of your body in a flurry of astral spray.

3. Repeat the above over and over. Alternatively, use your imagination to create an interesting water ski experience. Imagine being towed along the shore, around islands, over jumps, performing tricks, and so on. For variety, imagine that you are wearing a parachute so you can pull the ripcord and take off and fly behind the boat. Try to *feel* yourself as really being there and doing this.

Daily Tips

Robert: The water ski technique is a good combination of active and passive methods. For the active part, try to keep your hands moving at all times by feeling your extended awareness hands pulling and twisting on the water ski rope handle. For the passive aspect, use your imagination to create a vivid water ski experience; the more detailed the better. Visualizations like this can trigger an OBE exit. They can also tune you into the astral so you phase into the astral with no exit sensations. When this happens, you'll suddenly find that you don't have to concentrate on holding the visualization, as you will already be in an astral realm. When this happens, return to your body and re-enter in a reasonable time to protect the astral memory.

Brian: I've never water-skied before, and the one time I tried to snow-ski, well, let's just say it wasn't pretty. It doesn't take much imagination to visualize the act of water-skiing, especially if you put it together with a sense of forward movement. I used the sensation of movement from riding a bike and combined it with water images to make the water-skiing method more effective. I found it helpful to vary the environment every few minutes to keep my mind focused on the exercise, switching from river to lake water-skiing and varying other details such as weather, landscape, and time of day to make it more interesting.

Your Program Notes/Observations

DAY 67

OBE Exit Training: Water Ski Rope Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Water ski rope (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Water Ski Rope Technique (20 Minutes)

1. Instead of a rope hanging from the ceiling, imagine you are holding the handle of a ski rope with outstretched imaginary hands. The rope is attached to a powerful speedboat in front of you. The rope is taut and you are pulling on this, feeling its springy resistance, which keeps your hands moving a little. If you are lying down in bed, feel yourself hanging on tightly to the handle of the ski rope as if you were floating on your back ready for a deep-water start. If you are sitting up, imagine you are crouching ready for a beach start.

2. Adjust the angle of the ski rope to whatever feels most natural. Imagine you can hear the engine revving up, the excitement building, and then suddenly the boat takes off and drags you out of your body in a flurry of astral spray.

3. Repeat the above over and over. Alternatively, use your imagination to create an interesting water ski experience. Imagine being towed along the shore, around islands, over jumps, performing tricks, and so on. For variety, imagine that you are wearing a parachute so you can pull the ripcord and take off and fly behind the boat. Try to *feel* yourself as really being there and doing this.

Daily Tips

Robert: Trance meditation and OBE training, particularly OBE exit attempts, tend to produce hypnogogic imagery (mind's eye imagery seen behind closed eyes). The lowest levels of these appear as constantly changing shadowy images. For some people these images can be very clear and distinct. These images are created by your subconscious mind, but associations drawn by your conscious mind will influence them (like how you might interpret an inkblot during a psych test). If, for example, you see a shape that vaguely reminds you of a frog, it will change into a more froglike shape. This change will begin the *instant* the association is made, before you can even think "That looks like a frog." This is so subtle that you will not notice that you are affecting the image. The danger here is that if a vague shape looks a bit threatening—say, like a spider—it will instantly begin changing into a more distinct spiderlike shape. This can lead one into believing that some kind of psychic attack is occurring, when the truth is that you are generating these images yourself. (See Day 69 for more on this topic.)

Brian: In addition to the daily walk-through, I find it really helps to read books about astral projection, especially before bedtime and OBE practice. Reading such books before practice primes my subconscious and later my dreams adapt to the subject matter. This keeps my motivation high and my will more focused during exit attempts. Use these ninety days to immerse yourself in the subject matter. When it comes time for the exit, resolve that this time you are really going to do it!

Your Program Notes/Observations

DAY 68

OBE Exit Training: Big Wheel Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Big wheel technique (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Big Wheel Technique (20 Minutes)

1. This technique involves a vertical, circular, bounce-type body awareness action. Imagine a big bicycle wheel is resting upright in front of you with its rubber edge resting against you. The diameter of this wheel is taller than your height.

2. Move a single point of awareness out from your head area, up and away from you, over the circumference of the big wheel, all the way over, and then back down and around and up through your feet, legs, and body. This action does not have to be perfectly circular.

3. Feel this point of awareness moving up through your legs and body and all your primary energy centers until it moves out of your head again. Feel this point of awareness as being heavy and solid. Move this point around and around the big wheel, passing up through your body with every circuit.

4. Vary the speed of this action until you find the most natural speed. Feel the heavy point of awareness tearing upward through your whole body with each circuit, raising energy and stimulating your entire energy body with every turn.

Daily Tips

Robert: The circular shape of the big wheel body awareness action does not have to be perfect. The action of your point of awareness passing up through your body also does not have to be precise. Try to feel a kind of whole-body rough sponging action every time it passes through you. Each circle should take approximately one to two seconds. This method combines energy raising with an OBE exit technique, which improves the chances of triggering an exit. It does not matter if your point of awareness wavers or wiggles a bit from side to side as it circles the big wheel, as long as you keep it roughly under control and moving. Keeping it steady takes effort but, as with the earlier steam engine technique, this provides valuable training for controlling exterior bodily awareness actions. It is okay to reverse the circling action for short periods of time, but you will find the upward action through your body is the most effective.

Brian: I found the big wheel technique slightly easier to visualize than the steam engine technique. I've discovered, though, that my mind tends to drift off during this one more easily than the others. See how long you can do it without losing concentration. It helped me to take it slow at first and gradually speed it up. If you get it going fast enough, you should feel spatial disorientation fairly quickly.

Your Program Notes/Observations

DAY 69

OBE Exit Training: Big Wheel Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Big wheel technique (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I am in control and at peace when out of body. After the OBE exit, I move away from my physical body, glancing at my astral hands and drawing energy into my projectable double. My vision remains clear, my thoughts lucid and rational.
EVENING	Tonight I awaken while my body remains asleep. I stay very calm, as I would during trance practice. I use the projection methods I've been practicing to raise the exit symptoms successfully. I slip out cleanly, easily, and uneventfully.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Big Wheel Technique (20 Minutes)

1. This technique involves a vertical, circular, bounce-type body awareness action. Imagine a big bicycle wheel is resting upright in front of you with its rubber edge resting against you. The diameter of this wheel is taller than your height.

2. Move a single point of awareness out from your head area, up and away from you, over the circumference of the big wheel, all the way over, and then back down and around and up through your feet, legs, and body. This action does not have to be perfectly circular.

3. Feel this point of awareness moving up through your legs and body and all your primary energy centers until it moves out of your head again. Feel this point of awareness as being heavy and solid. Move this point around and around the big wheel, with it passing up through your body with every circuit.

4. Vary the speed of this action until you find the most natural speed. Feel the heavy point of awareness tearing upward through your whole body with each circuit, raising energy and stimulating your entire energy body with every turn.

Daily Tips

Robert: Subsequent to Day 67, your conscious mind has a fair bit of control over hypnogogic mind's eye imagery. If you experiment, you'll find you can change these by strongly imagining them as changing. However, if you are a little uneasy that you might see more scary images, you will subconsciously be on the lookout for more. This causes an atmosphere of uneasy expectancy, which can trigger the subconscious mind into creating even more scary images. If this gets out of hand, a good way to fix this is creating unicorns. Concentrate and imagine a spectacular white unicorn trotting into the field of your mind's eye. Every time a scary image begins to form, run the unicorn through the image with it kicking and rearing. If you need more, create more unicorns. (As my mother used to say, you just cannot have enough unicorns.) Unicorns are symbolic of purity, goodness, love, and strength. By creating unicorns, in a way you are invoking the spiritual forces of good. This has a calming and cleansing effect on the inner mind's eye. This technique is also excellent for helping children overcome presleep and nightmare problems.

Brian: How is your OBE walk-through practice going? If you're finding you get bored doing this, try making things a little more interesting. For example, suppose you project out of body and find yourself in a different area than you expected, or a different room altogether. Maybe you don't recognize your environment at all. Add some unexpected elements. Play some games with this to make it more interesting. This is not something you want to do every day, as you are trying to keep your plan the same to drill it into your subconscious. However, occasionally changing circumstances allows you to practice how you'll react to the unexpected.

Your Program Notes/Observations

DAY 70

OBE Exit Training: Big Wheel Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 10 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Big wheel technique (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
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AFFIRMATIONS

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3. Feel this point of awareness moving up through your legs and body and all your primary energy centers until it moves out of your head again. Feel this point of awareness as being heavy and solid. Move this point around and around the big wheel, passing up through your body with every circuit.

4. Vary the speed of this action until you find the most natural speed. Feel the heavy point of awareness tearing upward through your whole body with each circuit, raising energy and stimulating your entire energy body with every turn.

Daily Tips

Robert: When you are deeply relaxed and settled into the mind awake/body asleep state, your center of consciousness shifts into your internally generated expanded energy body. At this time, your subconscious mind and higher self rise very close to the surface and some communication becomes possible. This is the state you are aiming for when you make OBE exit attempts. So if your planned OBE exit fails, before giving up for the night, try an experiment: command yourself to project. Using strong mental words, command that you are projected out of your body immediately. Use the same rules as for affirmations. For example, mentally command "Project me out of my body," or "Out of body . . . *now!*" or similar. Repeat this command several times. If this message gets through, your OBE exit could happen immediately. If nothing happens at this time, you may find that certain parts of your energy body will begin to develop more rapidly to allow an OBE to happen sooner than it otherwise could.

Brian: Be aware of the subtlest energy movement or vibrations going through your body today. After your trance session but before you begin the exit technique, shift your awareness around your body and see if you can detect the vibrations you've been hearing so much about. If something manifests, try to coax it into spreading throughout your body and, should OBE exit symptoms begin, will yourself out of and away from your body.

Your Program Notes/Observations

Before Moving On

This week you should have:

- made an assessment of your progress;
- recognized problems and brainstormed solutions;
- set an achievable next goal, such as becoming more relaxed or getting better at quieting your mind;
- realized the ideal conditions for practicing the OBE exit;
- practiced this week's OBE exit techniques.

I wasn't actively trying a projection technique. I only made an affirmation to become aware should it happen on its own. The moment my head hit the pillow I got a strong falling sensation. A buzzing sensation began immediately. This time I knew what was going on so I stayed calm and made an attempt to project, but then the buzzing stopped.

A few minutes later I got a really strong vibration about five inches below my right armpit. The sensation quickly moved to a spot behind my right ear. Then suddenly I felt loose, detached from my physical body but still occupying the same space! I remained cool and calm.

I tried spinning around in an effort to get off the bed, but I felt like a beached whale trying to roll over. Sluggish and feeling huge, I managed to roll once or twice around but didn't find a way out. A moment later I tried it again, but this time I could only rotate from the hip upwards. I guess I'd become too aware of my physical body.

After a few more minutes' contemplation I decided that enough was enough and I attempted to roll my right shoulder to get rid of the buzzing that had moved back to my side. On the first try there was no result. On the second try I did roll my shoulder, then realized it wasn't my physical shoulder moving at all. I made a stronger effort, but this time my physical shoulder did roll and the buzzing stopped.

For the rest of the night, every few minutes I'd get the falling sensation and electric buzzing all over my body. I'd suddenly feel a jerk as I came to full consciousness from the mild drowsy feeling just before sleep. But all night after that I didn't actually sleep.

A dream preceded all the messing around with OBE. I'm interpreting it as a depiction of a lesson learned: don't try so hard, just let go and enjoy the ride. The OBE probably aborted because I couldn't find a way to completely exit my body and eventually tried too hard. I guess I got a bit too eager.

WEEK 11

Advanced Methods

What to Expect

- Fasting to enhance energy levels
  - *Juice fasting*
  - *Water fasting*
  - *General fasting advice*
  - *Substance fasting alternatives*
- Day-long meditation
- Influencing sleep patterns to effect projection
  - *Projecting in the morning*
  - *Wake-up time patterning*
  - *Controlled sleep deficit*
- *Optional:* BrainWave Generator instructions
- More exit techniques
  - *Steam method*
  - *Rocket method*
  - *Roll out method*

Taking Those Last Few Steps

Having practiced for over two months now, hopefully you've adjusted this program in ways that work for you. You've found the best conditions and

time of day, the best position and level of comfort/discomfort, and have experienced some type of OBE exit–related symptoms.

If you haven't yet found the right balance, keep tweaking the program until it feels right. However, if you seem to have found your equilibrium but are still finding the OBE exit difficult and elusive, this week is especially for you.

This week we'll offer some more advanced techniques for raising your levels of personal energy and willpower to help you past your current plateau. We'll also provide you with a formula for manipulating your sleep that will put you in the ideal state for projecting. Finally, we'll include advice for a long meditation session and guidance for incorporating these things into your regular routine.

Fasting to Enhance Personal Energy Levels

Some of the biggest challenges with OBE training relate to a lack of personal willpower and self-discipline, plus low energy levels resulting from a poor diet and lack of exercise. *Willpower* is quite different from *personality strength.* Just because a person has great personality strength does not mean he or she has any self-discipline or willpower. A person can be very strong when dealing with other people but weak when it comes to disciplining him- or herself.

Self-discipline is completely mental. Its strength comes through exercising the will, by forcing the body to obey the mind. The mind is everything and the body feasts or starves, lives or dies, by its own will. The body and its ego will always fight back and its course is always the same, encouraging less work and effort for more pleasure and comfort.

Personal willpower muscle can be built up in much the same way as any other muscle or skill: by exercising it repeatedly. When an Olympic weightlifter breaks a record, he doesn't just walk in off the street and pick

up a heavy weight. He trains for years, constantly disciplining himself and lifting progressively larger and larger weights, gradually building his strength until he can lift record-breaking weights. This is exactly the same with willpower. The will must be trained and strengthened through many smaller exercises until the mind becomes strong enough to control its own physical body and ego. To progress, the mind must become strong enough to overcome any negative compulsions and urges that are interfering with its mental and spiritual health and development.

One way to strengthen the will is through fasting. Fasting means abstaining from food and/or substances for set periods of time. A one-, two-, or three-day fast has some immediate advantages. First, it provides your digestive system with a cleansing rest. More importantly, it strengthens your energy body and raises your level of personal energy from which you can draw upon for projection.

There are two main types of fasting: juice fasting and water fasting. Both are described below. However, before engaging in any type of fasting, please consult your medical doctor to make sure it is safe for you. If you're diabetic, pregnant, breast-feeding, or have an eating disorder, you shouldn't fast without your doctor's approval. If this is the case, other types of self-discipline can be used, such as restricting your intake of coffee, cigarettes, alcohol, chocolate, and so on.

Juice Fasting

Start with two complete days where you take nothing but one quart (one liter) of fruit juice and one quart (one liter) of vegetable juice. The exact quantity you need can be varied to suit. Make a fresh mix of whatever you like or that is in season. It's best to make the juice fresh each morning. Remember to keep a little juice for when you first wake up so you can have some before you start preparing that day's juice. Use only fresh, good-quality produce for these juices—whatever your budget allows. Ask at your local health food store for a booklet of juice recipes.

Cabbage, celery, cucumber, and carrot with a dash of parsley makes a good basic vegetable juice mix. Pepper and salt and fresh herbs can also be added to improve the taste. Apple, orange, grapes, and watermelon with a dash of lemon is a good basic fruit juice mix. The above should be adjusted to taste and tolerance (cabbage juice doesn't agree with some people) as well as seasonal availability.

If you don't have a juicer already, purchase one of good quality rather than a cheaper model. A cheap juicer will not last very long if you use it frequently.

While freshly made juices are always best, if this isn't practical, buy the best premade juices you can afford. Do not avoid cooking or being around others who are eating, but keep your mind focused off food. If you can handle the temptation, this adds value to fasting discipline. Do not allow yourself to fantasize about food or this will trigger uncomfortable digestive activity.

First thing in the morning drink a glass or two of each type of juice—vegetable and fruit—plus a large glass of water to wash it down. From then on drink a glass (approximately five ounces) of each type every hour or two. Watch the time and don't forget the water. Whenever you feel hungry or weak, have another glass of each juice. It helps to keep a few small lunch-sized cartons of fruit and vegetable juice (V8 is good) in the fridge for emergencies. Also, take some with you when you leave the house so you don't get caught without juice and become tempted to eat. If you do leave the house, you're also going to want to have easy access to bathrooms, as you will tend to urinate more frequently than usual. Adding a little more salt to the vegetable juice will help.

Take some good-quality multivitamins, plus some additional soluble calcium and vitamin C, plus some good-quality ginseng. Soluble calcium helps during fasting, especially water fasting, to protect against weakening your teeth and bones. You will also be more lethargic and tired without these vitamins and minerals. Soluble calcium has the added benefit of

aiding psychic abilities. Training for an OBE involves developing the energy body in similar ways as for psychic abilities. Calcium is not a magic fix but it will help a little.

Once you feel comfortable with a two-day juice fast, extend it to three days with at least a full week of normal eating in between each fast. Never fast longer than three days without expert advice. Try starting your juice fast after dinner on a Thursday. When you wake up Friday morning you'll already be at least twelve hours into it. By Saturday you'll be well into the second day of the fast, which will give you Saturday and Sunday to take advantage of your raised energy levels to practice having an OBE. You can then end your fast with a well-deserved Sunday dinner.

Water Fasting

If you haven't water fasted before, it is best to begin with only one full day of fasting. Start the night before and finish the morning after the chosen day. Take nothing but pure water and lots of it, plus the same vitamins and minerals used for juice fasting. Gradually build the length of each water fast (with a decent break between each fast) until you can go a full three days. Any longer than three days can harm your health, and you will lose the willpower-training benefit. If the mind is focused away from food, the physical body does not crave food after the second day. It is thus all psychological after this point.

If you develop stomach problems while water fasting, consider taking small amounts of a mineral salts sports drink such as Gatorade a few times a day. This will help keep your electrolyte balance healthy. Fasting teas are also available from health food shops.

Water fasting is difficult if you are working or going to school and need your energy because it can make you physically tired and sleepy. You will find you'll need more sleep than usual, so try to nap during the day. Try fasting on a weekend when you don't have to do anything demanding. Start on Friday after lunch and end it Sunday night or Monday morning.

Fasting Tips

If your breath goes stale during a fast, a saltwater mouthwash will help. Carry a small saltshaker with you and shake a little into your hand or mouth, then add water and rinse. If your lips start to dry or crack, use a lip balm and change the fruit juice mixture so it is less acidic. Rinsing your lips and mouth after drinking juice also helps.

You should not consume alcohol during a fast as this loosens inhibitions. It will intensify the urge to eat and make fasting difficult. Also, do not smoke too much or drink too much strong coffee or tea, as the effects of these will be magnified. Strong coffee or tea, especially first thing in the morning, can cause nausea, dizziness, clammy skin, and even fainting.

Don't try to bite off more than you can chew. Start with something relatively easy and achievable. Accomplish this and then move on to something a little more difficult. Do one thing at a time and do it well. Build on your successes and you will become progressively stronger. Begin with juice fasting, as water fasting is more difficult and you can get similar energy body benefits without the physical weakness.

The first day of fasting is the most difficult, as your body is accustomed to your normal eating patterns and will crave food at mealtimes. There is also a psychological factor associated with going without when you're used to eating regularly. By the second day your physical cravings will lessen considerably, as long as you keep your mind focused away from eating. From this point on the urge to eat is mostly psychological.

By the end of the second day your subtle energy levels will begin to increase; they will peak on the third day. If you can suppress thoughts of food and eating, this will improve your chances of making a successful OBE exit. Apart from increased energy body activity, you'll find your stomach will feel slightly uncomfortable and this will provide an excellent level of slight discomfort.

Remember to start slowly and progressively work your way up to longer and more difficult fasts. Take a one-week break of normal eating between fasts. Never fast longer than three days in a row. If you water fast for three days, take a two-week break of normal eating before you undertake another.

For more information, consult the books on fasting in Appendix A.

Substance Fasting Alternatives

If you cannot fast for some reason, there are alternatives. Consider going on a raw food diet, a vegetarian diet, a macrobiotic diet, a fruit diet, or a strict calorie-controlled diet for a set period of time. Another alternative for willpower training is substance fasting. Limit your intake (or go without) a substance that you crave, like tobacco, coffee, tea, chocolate, and so on. If you have an addiction problem, the focus of this addiction would be a healthy choice. Any of the above suggestions will help improve your willpower.

Day-Long Meditation

Devoting a whole day to meditation and OBE-related practice has many benefits. This can help you to identify and clear inner roadblocks that might be holding you back. It is also a good opportunity to reflect on your OBE progress and how you might adjust and improve on your efforts. Moreover, it is an opportunity to slow down and disengage from life's hurried pace, to put yourself into a quieter and more meditative space from which to think and practice. Having the peaceful luxury to spend as long as you need on each step allows you to approach the subtleties of the OBE balancing act in a more thoughtful way.

During the normal course of this program, you might have allotted a specific amount of time for your OBE practices. You have a set time to raise energy, relax, get into trance, and so on. Under normal time restraints, spending a longer time relaxing means you have less time for trance and energy work. Spending more time on the pre-OBE process means you have

less time to practice OBE exit techniques. These are the limitations of working on a fixed daily routine.

When you block off several hours for meditation and OBE practice, you no longer need to be conscious of time. This doesn't necessarily mean that a long practice session must consume your entire day. If this is impractical, having a few extra hours set aside on, say, a Sunday morning will allow a more leisurely approach to your OBE exercises.

Ideally, spend this time totally alone. Disable telephones and do not speak unless absolutely necessary. Do not play stimulating music, especially vocals. Put a Do Not Disturb sign on your door and ask friends not to visit. If this is impossible, consider spending the day in a quiet motel. Maintaining silence is empowering because speaking and listening—communicating at all—expends subtle energy. Maintaining silence steadily increases your personal energy levels.

Wear comfortable clothes that suit the ambient temperature. Take plenty of time to settle and relax thoroughly. Don't be afraid to take short breaks to stretch and improve your
physical comfort. Sitting in the sun or taking short, solitary walks are also good break time activities. Avoid anything too stimulating. Stay focused on grounding and centering yourself. Keep a water bottle handy so you don't have to get up if you get thirsty.

Try to keep your mind as quiet and free of worries as possible. It helps to keep a notepad handy. If you have distracting thoughts, forgotten tasks, worries, or ideas, write them down and deal with them later. Writing these down will help clear your mind of them. If a thought still troubles you, spend some time thinking about it in a deeply relaxed state. It also helps if you spend some time dealing with troubling issues in the days preceding your solitary retreat to reduce their level of potential distraction.

A notepad also allows you to record any insights you might have during your session. This could be about OBEs or something totally unrelated. Often, revelations such as these come during breaks, so keep the notepad

with you always. Inspirational thoughts from above are fleeting and tend to disappear seconds after they appear.

Clearly, you'll also want to capture your OBE experiences. You can jot down energy sensations or exit symptoms when you take a break, but do not break relaxation or trance disciplines. If something significant happens, note how you were sitting or lying, the order of what you did prior to the event, anything that might have precipitated it. This is important for fine-tuning your methods so later you will remember what may have worked for you.

Go through your OBE walk-through, your preprojection routine, and then practice your favorite OBE exit techniques. You don't have to limit yourself to one long session. Take short breaks when you need them. Hold on to your calm mental state during breaks. Experiment with different ways of sitting and/or lying down. Shift positions; vary things a little. This helps if your back or neck tends to stiffen or ache. If, for example, you find that sitting upright for a long time causes spinal pain, switch to a bed. If you later find yourself drifting off to sleep, switch back to the chair; alternate as necessary.

A day-long meditation session works well in conjunction with fasting, as fasting will heighten your energy levels. The only drawback with this can be more frequent trips to the bathroom, especially when you're juice fasting. One way around this is to drink twice as much juice half as often on your meditation day. Adjust the quantity and frequency of your juice and water consumption till you find what works, but do not limit your fluids, especially if you live in a warm climate.

For those using the BrainWave Generator presets in conjunction with this program, we have provided a six-hour meditation preset for extended meditation and energy work sessions.

Influencing Sleep Patterns to Effect Projection

Sleep patterns can be influenced to improve the chances of OBE success. The methods below take advantage of your natural ability to project during sleep, your normal sleep patterns, and the mind's capacity to recover from a sleep deficit faster than the physical body.

Each of these techniques involves variations on a central theme. Experiment and refine these only after practicing them. Make adjustments with experience.

A note of caution: If you have any doubts as to your ability to manipulate your sleep patterns with safety, consult a medical doctor first. Also, when you do accumulate a sleep deficit, you should not drive, operate heavy machinery, or otherwise engage in activities that might be dangerous when your mind is overtired or were you to accidentally fall asleep.

Early Morning Practice Sessions

We've already mentioned the advantages of waking up early to practice projection. Most aspiring projectors have their first OBE success this way. Generally, it is much easier to relax and keep your mind clear and enter trance after a good night's sleep. When you first wake up, your body is already deeply physically relaxed and your mind is still very near the ideal OBE trance state.

A good start time is two hours before you would normally wake up. Get out of bed and spend a few minutes in the bathroom making yourself comfortable and washing your face with cold water. You want to have a clear head before starting, but don't drink anything that contains caffeine. When you feel sufficiently awake, go to your usual OBE practice area.

When practicing OBE sessions early in the morning, keep the amount of time spent on preparation to a minimum. Start with a few minutes' breathwork and energy raising; adjust this time with experience. Next, go straight into your relaxation and pre-exit routine. Be sure to have woken up early enough so as not to feel rushed. When you go for the exit, use as much motivation as you can without tensing your physical body.

Another version of early morning practice is to start using an OBE exit technique as soon as you wake up while still in bed. As soon as you wake up, change your position. This will help stop you from falling back to sleep. Roll onto your back or add extra pillows so you are more upright. Do everything you can to hold on to your deeply relaxed state, keep your mind clear, and go straight for an OBE exit. If you feel any vibrations, use the brow center trigger eye position to enhance them while you continue using your exit techniques.

Wake-up Time Patterning

Wake-up time patterning is designed to encourage spontaneous OBE and lucid dream experiences. This method involves practicing early-morning OBE sessions at the same time every day, including weekends. (You can always go back to bed after the session is over.) Doing this conditions your body to wake up every morning at the same time. In the beginning, practice these morning OBE sessions for at least two weeks before using the second part of the wake-up time patterning technique.

At the end of the two weeks, get up at the planned time, but instead of going through your OBE routine, splash cold water on your face or take a shower as if you were getting ready to go somewhere. When you feel awake and alert, go to your OBE practice area and get ready (avoid caffeine).

Now, instead of practicing an OBE, sit or lie down and clear your mind. Make yourself comfortable enough to get back to sleep, but without being too comfortable. Begin as you normally would, going through the relaxation exercise and spending several minutes practicing breathwork. Recite your OBE affirmations and/or say a prayer requesting an OBE. If you've made a sleep programming recording with affirmations on it, you can play it now at very low volume. If you're using the BrainWave Generator, listen to the "MAP Week 11: Exit Training (Long Meditation)" preset.

Now let yourself fall asleep. Keep your mind clear as you do this. If your mind wanders, gently push thoughts aside and bring it back into focus. Become aware of your body and feel the chair, bed, or carpet under you. Focus your attention on your breathing and just allow yourself to drift off. Falling asleep in this way is important, as you are trying to encourage spontaneous OBE experiences and not just go back to sleep.

With your body conditioned to wake up and practice projection at this time of the morning, there will be a tendency for you to go into a sort of autopilot where your energy body goes through the routine on its own. Pre-exit symptoms or even an OBE may occur spontaneously and lucid dreams are possible. This is the whole idea behind this method: to encourage spontaneous experiences. Have your OBE notebook within easy reach. When you wake up and before you actually rise or even move, spend time recalling shadow memories and record everything in your notebook.

This technique can be repeated every week. This is most convenient if you practice having an OBE early every morning on the weekdays and then use a weekend morning to perform the wake-up time patterning method described above.

If you don’t have success with this method after several attempts, consider setting an alarm to wake you a half hour after you go to sleep in your OBE practice area. For example, if you know through experience it takes you thirty minutes to get to sleep, set the alarm clock to give you an hour of uninterrupted time: a half hour to get to sleep and a half hour of sleep time. Using an alarm with a snooze button will allow you to fall asleep and awaken several times in a short period of time, thus providing more opportunities.

Suddenly waking up from a light sleep in this way can trigger a hastier-than-usual reintegration process, which can allow you to catch hold of some shadow memories immediately after they are freshly downloaded. Often new projectors will recall OBE memories that would otherwise have been

lost had they woken up in a slower, more natural way. Write down key words quickly or risk losing them.

Controlled Sleep Deficit Method

If you can't wake up early and practice having an OBE every morning, you can use the controlled sleep deficit method instead. This requires that you accumulate a sleep deficit in a regimented way. Being overtired, the next step is to go to sleep just long enough for you to refresh yourself mentally while simultaneously allowing your body to remain fatigued. Physical fatigue emulates deep physical relaxation. Next, get up and remain awake for exactly an hour before going back to sleep. The resulting state puts you in the ideal mind asleep/body awake trance state.

The controlled sleep deficit method is described in detail below.

Step 1: Accumulate a sleep deficit. The easiest way to accumulate a sleep deficit is to do it naturally without making a special effort. For example, if you've had several nights where you couldn't sleep deeply or for long enough, you may already have accumulated enough of a sleep deficit for this method to be effective. Note that it usually takes a significant sleep deficit for this method to work properly, so just being overtired one or two nights probably won't be enough.

It is more likely that you'll have to accumulate a sleep deficit on purpose. Here's where it gets a little trickier. The controlled sleep deficit method calls for purposefully skipping a whole night of sleep using a combination of caffeine, cold showers, and/or something that will engage you mentally without the risk of you nodding off.

Sitting up all night talking with friends is one way to go. Another is to use an event that would keep you up late anyway, such as a party or a late-night concert, and then going home and staying up for the rest of the night.

Step 2: Sleep long enough so you are mentally refreshed but physically fatigued. Once you have a sufficient sleep deficit, it's time to go to bed.

Sleep for six hours exactly. This is key. If you sleep any longer, you may have too much rest and thus have trouble getting back to sleep in step 4 of this technique. If you sleep any less you may still be mentally fatigued and not lucid enough to remember an OBE.

There are two times to begin the six hours of sleep. The first option is to go to sleep late on the evening after you stayed up all night. For example, if you stayed up all night at a party on Friday, you would go to sleep late Saturday evening. This means that you would wake up after exactly six hours of sleep sometime Sunday morning.

The second option is to go to sleep late in the morning after staying up all night. For example, if you stayed awake all night Friday, you would go to sleep about noon on Saturday. In this case you would wake from six hours of sleep on Saturday evening.

Both ways have advantages and disadvantages. The first method (going to sleep late at night and waking up early in the morning) is more difficult to do because it requires that you stay up for a longer period of time. It also means that you get up when it's dark, cold, and quiet, which requires a little more discipline. However, the advantage here is that you are more likely to be sleepy enough for this technique to work.

With the second method (going to sleep at noon on the day after your all-night awake session) has one disadvantage: you might not be tired enough to get back to sleep in step 4 of this method. However, the advantage is that you can get up in the evening when it's likely to be less dark, warmer, and easier to rise after only six hours sleep. Moreover, in the summertime it may stay light outside long enough for your projection session to take place when the sun is still out. Daylight OBEs are generally more pleasant and reassuring, which helps overcome most OBE-related trepidations.

Step 3: Stay awake for an hour. Get up, splash cold water on your face or take a shower, and change into the clothes you usually use for OBE practice. Unlike the similar step in the wake-up time patterning section

above where you only remain awake for five to ten minutes, this method requires a full hour of wakefulness. Spend this hour going through your walk-through, reading your OBE journal, reciting affirmations, praying, reading OBE case files, and so on—anything OBE-related that will keep you awake and mentally engaged for a full hour.

After skipping a whole night of sleep, you will still be pretty sleepy after only six hours of sleep, but that's okay. You want to be able to get to sleep relatively quickly once your hour is over. Two things are important during this step. First, you want to keep yourself awake and mentally alert. Second, try to saturate your brain with your desire to project.

Step 4: Go back to sleep in your OBE practice area. Follow the steps for this as specified above in the wake-up time patterning section. Relax, do breathwork, clear your mind, and so on. Remember, how you allow yourself to fall asleep is important. You are not just trying to get back to sleep, you are trying to encourage spontaneous OBE experiences. If you practice this method more than once without success, consider using an alarm clock as specified above. Give yourself plenty of time to get back to sleep. It isn't unusual to take up to a full hour to drift off. This is not a problem, as it provides more of an opportunity for spontaneous OBE experiences to occur.

If you decide to repeat this experiment at another time, you can adjust the initial six hours of sleep based on your first experience. If you couldn't get to sleep after that first six hours, try sleeping for less time beforehand. If you fell asleep too easily, sleep a bit longer so you will be more mentally refreshed. *On your first attempt, sleep six hours exactly.*

Final Word on Advanced Methods

The idea with these advanced methods is to shake up your routine and give you another approach if you have hit a wall. One thing that stands out when you study OBE case histories is that a sleep deficit is a common factor with spontaneous OBEs. As we said earlier, most people have their first OBE

after waking up earlier than usual and then trying to get back to sleep while they are physically fatigued but mentally alert.

Sleep deficit methods need not be done here in Week 11; they can be done at any time during this program. Take advantage of naturally occurring sleep deficits and turn them into opportunities for encouraging spontaneous OBEs and lucid dreams.

Optional: BrainWave Generator Preset "Week 11: Exit Training"

This week's BrainWave Generator preset has three phases.

The first phase lasts two minutes and features one tone that gradually and inaudibly lowers from an awake level to a slightly lower level of consciousness. Four successive notes are played at thirty-second intervals by way of an introduction.

The second phase lasts six minutes and features five tones. One tone gradually lowers from an awake level to a mind awake/body asleep level. Meanwhile, quieter tones remain at a mind awake/body asleep level where they remain for the duration of the program.

The third phase lasts 120 minutes and features ten tones. Six of the tones resonate at a mind awake/body asleep level while the other four remain at a higher, awake level of consciousness. The simultaneous pull toward both sleeping and waking consciousness causes a slight internal tension that stimulates the energy body. Three descending triads repeat during this phase every minute in an effort to keep the mind occupied while the body falls asleep. Every five minutes two extra notes are added to the triad to denote the passage of time.

The visual frequency (if you are using light goggles) begins at an awake level and gradually lowers to a mind awake/body asleep level throughout the course of the first eight minutes. It remains at a mind awake/body asleep level thereafter.

Total preset duration is 128 minutes.

In addition to your weekly preset, we've included a long meditation program to use in conjunction with the long meditation session described earlier. This program cycles through ten segments of various mind awake/body asleep configurations. There can be as few as three to as many as nine tones going at one time during each of the segments. The total preset duration of the long meditation session is 300 minutes. This gives you plenty of time to thoroughly complete your preprojection routine before utilizing OBE exit techniques.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 11
DAILY PAGES

This week's exit techniques:

Steam method: Imagine becoming increasingly lighter, as if your physical body were turning into steam. The steam expands and rises, gradually getting bigger as it gently rises. Feel the perception of the room changing as the steam drifts higher and higher.

Rocket method: Imagine yourself on the nose of a rocket that is about to be launched. Feel the rocket's vibrations coursing through you as it launches and feel yourself rising out of your body and room and toward the stars. See the clouds and stars fly past as you leave Earth behind and journey into the cosmos.

Roll-out method: Imagine the feeling of rolling out of bed and onto the floor. Recreate this with your body awareness. Imagine this happening repeatedly, first on one side and then the other.

DAY 71

OBE Exit Training: Steam Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Steam method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Steam Method (20 Minutes)

1. When you are ready, become aware of your whole body and of where it is in relation to the room around you.

2. Imagine yourself becoming increasingly lighter, as if your body were turning into steam. Steam expands and rises. Feel yourself becoming bigger and lighter and slowly but gently rising up and out of your physical body. Feel your perception of the room changing as you rise higher.

3. Stay aware of your physical body beneath you as you float free. Feel your whole-body awareness centered in your steam body. Feel yourself floating above your physical body. Do not hold your steam body rigid, but feel it bobbing and swaying gently. This slight floating movement makes the steam method easier to imagine.

Daily Tips

Robert: The steam method, like point shift and other similar exit techniques, relies on whole-body awareness being held exterior to your physical body to trigger the projection reflex. This is why it is so important to imagine a new perspective—to perceive your physical body as being separate from where you are imagining and *feeling* yourself to be. Holding a different perspective is unnatural and thus difficult to do for any continuous length of time, but this can be accomplished for short periods of

time if you concentrate. You will find that your perspective will tend to flicker back and forth between your physical body and your imagined new perspective. This is normal and you will get better at it with practice. Short changes of perspective can still trigger the projection reflex.

Brian: At first I found it very difficult to hold my focus on this exercise for long periods of time. It helped me to use breath awareness to form a rhythm, which I used to slowly drift about the room. It also helped if I traveled in a certain prescribed direction. Make sure you get a sense of your perspective as your position shifts from location to location. The slowness combined with the sense of swaying and drifting is quite soothing. It is easy to blink out for short periods when using this exercise. If this happens, consider upping your level of discomfort slightly.

Your Program Notes/Observations

DAY 72

OBE Exit Training: Steam Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Steam method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Steam Method (20 Minutes)

1. When you are ready, become aware of your whole body and of where it is in relation to the room around you.

2. Imagine yourself becoming increasingly lighter, as if your body were turning into steam. Steam expands and rises. Feel yourself becoming bigger and lighter and slowly but gently rising up and out of your physical body. Feel your perception of the room changing as you rise higher.

3. Stay aware of your physical body beneath you as you float free. Feel your whole-body awareness centered in your steam body. Feel yourself floating above your physical body. Do not hold your steam body rigid, but feel it bobbing and swaying gently. This slight floating movement makes the steam method easier to imagine.

Daily Tips

Robert: Some men will find that cobweb tickling will be more intense if they have not shaved for a few days. A beard is fine, but a few days' growth seems to intensify cobwebs. Also, trimming ear and nasal hair will help reduce tickling energy movement sensations in those areas if this is a problem. While rare, cobweb sensations can manifest over the entire body. If this happens, it can be terribly distracting; like being covered in ants. However, this phenomenon also indicates strong energy movement and the

severity of cobwebs will generally ease over a week or two if energy work is continued.

Brian: One of the more difficult distractions for me to overcome while making exit attempts was a tingling and slight itching on my face and nose. This felt almost as if little insects were crawling across my face, giving me an overall compulsion to break trance and scratch. What helped me ultimately get past this was simple knowledge. Knowing that these were secondary conduits being activated as a result of my brow center opening helped validate that I was progressing with my energy work.

Your Program Notes/Observations

DAY 73

OBE Exit Training: Rocket Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rocket method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Rocket Method (20 Minutes)

1. When you are ready, imagine you are sitting or lying on the tip of a large rocket ship. The bulk of the huge rocket is hidden deep inside a subterranean tube beneath you. Your bed or chair is firmly attached to the tip of this rocket and enclosed by an impenetrable glass nose cone. The ceiling and walls slowly fall away, disappearing all around you to reveal the stars.

2. Feel the rocket rumble and tremble beneath you as its enormous engines fire and it slowly lifts off, taking you with it. Feel and imagine yourself slowly rising toward the stars with the great engines thundering beneath you. Feel the rocket's vibrations coursing through you and feel yourself rising out of your body and room and toward the stars.

3. Stay aware of your physical body remaining beneath you as you rise. Feel the vibrations increasing and spreading and coursing through your whole body as the rocket blasts off and roars into the star-filled night.

Daily Tips

Robert: Imagination is a powerful thing, and it can be made even stronger with practice—to the extent where what one imagines can be seen visually in the mind's eye. The various imagination exercises in these OBE exit techniques attempt to find acceptable and agreeable scenarios whereby your

conscious and subconscious minds will allow you to hold your perspective exterior from your physical body for longer than would normally be possible. This can be related to the skill of accomplished actors totally immersing themselves in various parts—belief and confidence are the keys. Everyone is different and what works well for one person may be ineffective for another. Therein lies the reason for the variations in these scenarios.

Brian: Music can be distracting and a crutch. Generally, it is not recommended to listen to music during your trance sessions, but music can have its place in your program. I've found that to be particularly true of the rocket method. Listening to film scores while imagining taking off on a rocket can offer one dramatic way to promote enthusiasm for the exit. This extra thrill can then be translated into the trance session. You don't want to take the emotions into the exit necessarily, but rather use the overwhelming sense that you are poised to break free and taking the last step to a successful conscious-exit projection.

Your Program Notes/Observations

DAY 74

OBE Exit Training: Rocket Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Rocket method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Rocket Method (20 Minutes)

1. When you are ready, imagine you are sitting or lying on the tip of a large rocket ship. The bulk of the huge rocket is hidden deep inside a subterranean tube beneath you. Your bed or chair is firmly attached to the tip of this rocket and enclosed by an impenetrable glass nose cone. The ceiling and walls slowly fall away, disappearing all around you to reveal the stars.

2. Feel the rocket rumble and tremble beneath you as its enormous engines fire and it slowly lifts off, taking you with it. Feel and imagine yourself slowly rising toward the stars with the great engines thundering beneath you. Feel the rocket's vibrations coursing through you and feel yourself rising out of your body and room and toward the stars.

3. Stay aware of your physical body remaining beneath you as you rise. Feel the vibrations increasing and spreading and coursing through your whole body as the rocket blasts off and roars into the star-filled night.

Daily Tips

Robert: Belief can be a powerful ally in the pursuit of an OBE. This is the whole point behind the use of affirmations: to make you believe and realize something more strongly than you otherwise would. Believing that you are actually outside your physical body with a new perspective of the room and

that your physical body is behind or beneath you is an important factor in making these types of OBE exit techniques work. While you are using these techniques, try to convince yourself to feel and to realize and to truly believe that you are actually outside your body already. The more conviction you put into this role the more likely you will be to trigger the projection reflex.

Brian: What helped make this technique work best for me was to get a sense of lift as the rocket took off. I would put my concentration into feeling this massive amount of energy being unleashed beneath me, something entirely beyond my control to stop or even alter. Feel as if you are being compelled upward and you couldn't stop yourself even if you wanted to. Remain calm and relaxed but nevertheless completely helpless to curb the process unfolding around you.

Your Program Notes/Observations

DAY 75

OBE Exit Training: Roll-out Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Roll-out method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Roll-out Method (20 Minutes)

1. Feel yourself rolling to the side as if you were rolling over and out of bed. First try one side, then the other.

2. Repeat this action as many times as necessary. Get a whole-body awareness feeling into the body roll as if you were really doing it. Try to convince yourself that this is real. Do not allow your physical body to tense or respond to this action in any way.

Daily Tips

Robert: Rolling out of body is a popular and versatile OBE technique. It makes use of a natural whole-body awareness movement that you have done thousands of times and can thus easily imagine. This method is especially useful if a spontaneous projection has already started or if you find yourself partially stuck to your body during an exit attempt. The roll-out method should be used as a standard variation with all other techniques. For example, if you are using the rope or ladder method, climb for a couple of minutes, then use the roll-out method for ten seconds or so, then go back to climbing, and so on. Using a variety of techniques during OBE exit attempts can make all the difference.

Brian: This method is a great technique for getting the energy sensations going, especially if you do a little additional visualization before the final

roll out. I usually lie on my back once I've gone through the OBE preparation procedure and imagine myself turned slightly to the right at the one o'clock position. I imagine how the room is around me with this slightly skewed perspective, then once I've got it I'll imagine myself turned a little more at the two o'clock position. Then I repeat it, moving to three o'clock, four o'clock, and so on, all the way around the clock, taking it very slowly. Gradually I speed up the process until I feel myself start to move in a smooth spin. After doing this for a little while I stop and reverse the direction, again, taking it slow at first. This takes some time to master but the results are amazing. Once you start feeling the energy sensations, try repeating the roll out as mentioned in the instructions.

Your Program Notes/Observations

DAY 76

OBE Exit Training: Roll-out Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 11 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Roll-out method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body, “I remember this!”
EVENING	I have the power to successfully convert a lucid dream into an out-of-body experience. I am able to return to my body mentally awake while my physical body sleeps. My mind remains clear of inner verbal dialogue as I use an OBE exit technique to provoke projection.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

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Daily Tips

Robert: Cleanliness enhances OBE-related practices because freshly cleaned skin conducts subtle energy movement better. You will have more success if you bathe beforehand and use fresh clothes and linen, and so on. Foreign substances like dirt and grime and stale sweat interfere with subtle energy movement. This particularly applies to the brow center and the buildup of dust particles at the back of the nasal passages. This interferes with the functioning of the brow center. Clearing out nasal passages helps tremendously.

Brian: Consider devoting a day to OBE practice. This is how I've structured such days: I get up at the time I normally do on weekdays. I don't like to be too well rested. Generally, I've started juice fasting a couple of days before to get my energy levels up. I'll start with a walk and a hot

shower, then begin my practice session. I'll go through the normal routine, taking a little extra time to stimulate my primary energy centers, then psych myself up for the exit. The trance sessions themselves can last anywhere from an hour to an hour and a half, alternating between using a hard-backed chair and lying down. During breaks I'll take walks or sit out in the sun to clear my head and to keep me grounded. I've had amazing results at getting the vibrations using this method, so give it a try if you have the time.

Your Program Notes/Observations

DAY 77

OBE Exit Training: Roll-out Method

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	Recite morning affirmations
AFTERNOON	OBE walk-through
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2. Repeat this action as many times as necessary. Get a whole-body awareness feeling into the body roll as if you were really doing it. Do not allow your physical body to tense or respond to this action in any way.

Daily Tips

Robert: Something similar to the roll-out method can also be used when you experience OBE exit sensations but then they stop and you find yourself paralyzed but awake. In this case, you have probably already projected out of body, but one aspect of your self has been left awake inside your physical/expanded energy body at the same time. Here you need to keep your mind clear and relaxed in preparation for the return of your projected double, but you also need to stop yourself from getting bored and falling asleep. To accomplish this and also make good use of this time, experiment with the abilities of your expanded energy body. You cannot project the expanded energy body, but you can do some pretty amazing stuff with it all the same. If you have astral sight, try playing with the focus of your eyes, which "tunes" the brow center like a TV receiver. Also, try rolling inside your body. Just as with the roll-out exit method, with practice you'll find you can move around inside yourself, even to the extent of

facing the other way. This takes effort but it can be done. If you have astral sight at this time, your perspective will change and you will be able to see behind yourself. When your projected double returns, you'll feel a tingling rush up through your body. Now is the time to focus on shadow memory recall.

Brian: Finding long stretches of time to practice can be challenging. I think you'll find that the time it takes to do the actual exercise varies from day to day. The most important thing is that you allow enough time so you do not feel rushed. Like many things, you'll get out of your OBE practice session what you put into it.

Your Program Notes/Observations

Before Moving On

This week you should have:

- an understanding of how various types of fasting increases energy levels and builds willpower muscles;
- insights into manipulating your sleep patterns to heighten your chances of OBE success;
- scheduled a long meditation session where you can take your time with the OBE routine;
- practiced all of this week's exit techniques.

I tried to meditate but had been drifting in and out of sleep. I had done rope and other projection techniques but had given up and was now just trying to keep my mind blank. I kept pulling myself out of sleep, telling myself I was supposed to be meditating and not sleeping.

At one point I felt a familiar tingling in my body and knew that this was it. *I felt a moment of fear and resisted the projection impulse and the tingling started to subside. I thought to myself, "It's now or never. If I come across something I don't like then I'll just have to deal with it."*

I relaxed and let go, thinking to myself, "I trust in God, I trust in God, I trust in God," over and over. I was frightened; I couldn't help it.

The tingling had increased to a frenzy. I felt like every nerve in my body was "zinging" and vibrating at sonic speed. Just when I thought it was getting too much for me, it stopped. Everything was quiet. I thought, "Darn, it didn't work." Then, after a moment, I had this weird heavy sensation, like I was being sat upon by another body. My legs flattened, then my stomach, my chest. It didn't hurt and I didn't mind but it was heavy and usually the sort of thing that would have panicked me, but I was trying to figure out what was going on.

I felt all these things yet I couldn't see much. I did see my lower legs move when they were being flattened and I had an image of my stomach being flattened but I think that is only because that is what it felt *like. I had no astral sight.*

My mind was totally confused as to where I was, here or there, lying on the bed or off it. I just didn't know what was going on. Suddenly there were loud sounds of smashing glass and I felt something like an electric shock.

Suddenly I could see. Right away I noticed that my bedroom door was open. Then I looked further into the hall (don't know how I could

do this when I was lying on the bed) and I saw a policeman. All this time I was struggling to get awake and it was really difficult. I couldn't get myself together. I was panicking, trying to wake up. I was wondering what the policeman was doing in my house, then I remembered the sound of broken glass. Somebody must have broken in and I was in such a deep trance I hadn't heard anything.

I finally managed to wake myself up and, leaping out of bed, I looked in the hall. Nobody was there.

WEEK 12

After the Exit

What to Expect

- Strength and vitality issues
- Reasoning problems
- Sight and visual complications
- Body magnetism
- A fearful presence
- Astral feedback
- Recovering OBE memories
- Self-hypnosis for recall
- Self-hypnosis recording script
- Using shadow memory trigger phrases
- *Optional:* BrainWave Generator instructions
- Exit techniques
  - *Boomerang method*
  - *Walking and falling method*
  - *Driving method*

A Quality Projection Experience

While this program is primarily focused on learning how to have conscious-exit projections, it's also important to touch upon what happens after the exit. If you are to carry out your OBE walk-through the way you've been

rehearsing, you'll need to be familiar with some of the complications you might encounter when you first leave your body.

Your projectable double's level of energy determines the quality, strength, lucidity, and memorability of your OBE. Remaining lucid and successfully downloading OBE memories are always challenging. Moreover, complications with clarity, sight, vitality, body magnetism, distorted reasoning, and various forms of astral feedback can also interfere with OBE quality.

This week we'll cover the common symptoms of low-energy projection and ways to compensate. We'll also discuss the effects of remaining too close to your physical body after the exit. Finally, we'll provide tips on heightening lucidity and extending time out of body, plus more on recovering shadow memories.

Strength and Vitality Issues

It's possible to have enough energy to project successfully but then be unable to move around easily after the exit. The same thing can occur several minutes into a real-time OBE, when your physical body begins to fall more deeply asleep and the dream mind becomes active, all of which drains energy from your projected double. This can result in a profound loss of strength, often causing your projected double to fall helplessly to the floor in slow motion, unable to move.

One solution is to regularly glance at your hands during an OBE. Where your attention goes, so, too, goes your energy and consciousness. Glancing at your hands causes something like a mild shock between your physical body and your projected double. This temporarily disempowers the dream mind and causes energy to flow into your projectable double, giving it a quick boost of vitality. By glancing at your hands every twenty seconds or so (or whenever you have problems), you can remain in control for longer than would otherwise be possible.

This technique works best in the real-time zone and isn't as effective during very low-energy projections because then you may not even have the strength to look at your hands. Should this occur, spending more time raising energy prior to an OBE will help. Also, if you fall and can't glance at your hands, try focusing all your attention and body awareness on feeling your projected double (i.e., the subtle body in which you are currently centered). This will often help regain some mobility. Once you can move, glance briefly at your hands and your mobility should further improve. If this happens, it is advisable to make a deliberate re-entry immediately to give yourself the best chance of holding on to your shadow memories.

A deliberate re-entry is the best way to capture shadow memories, but you must do this with strong emotion to overwrite any physical body or dream memories. Yell out something like, "I will remember this!" and just dive into your body. Be sure to record key words immediately. No matter how clear and distinct these may be when you awaken, they'll fade quickly and may disappear in a few seconds. A ten-second OBE remembered is worth more than all of your forgotten ones put together.

Reasoning Problems

If you've projected and find your mind starts getting confused and muddled (losing mental clarity), glancing at your hands can also improve reasoning ability. Do this repeatedly, briefly glancing at your hands every twenty seconds or so to prolong lucidity. A running commentary (describing what one is seeing and doing) also helps maintain lucidity. The mental activity involved with this keeps the mind of the projected double active and focused.

Projecting into the astral (see Week 13) is another way to rise above the inherent tensions of operating in the real-time zone. Doing so eases constraints that limit longer projections in the real-time zone. Astral plane projections are generally more stable and durable than real-time zone projections.

One's reasoning processes will often become distorted during an OBE. A typical example of distorted logic goes something like this: A projector induces his first OBE exit and finds himself out of body. He explores a little and then returns to his physical body for a deliberate re-entry. He tries to re-enter his physical body but fails. He tries to shake his body awake, but it feels cold and clammy and lifeless. He panics, yells for help, and makes other efforts to rouse his body, all to no avail. Eventually, he concludes that he has died and falls into despair. Later, his physical body wakes naturally and he is automatically pulled back into it and reintegrated. (The resulting memory will always contain high energy, so is likely to be remembered clearly.)

Let's take a look at the logic in the above example. The projector knows he just induced an OBE and should realize that the cold and clammy feel of his physical body and inability to re-enter it is probably an astral phenomenon and not physical death. Yet something about the out-of-body state can prevent that simple one-two-three-step logic from occurring properly.

Another way one's normal sensibilities can differ from waking reality is the tendency to be more sexually excitable during an OBE. In the out-of-body state, unstable subtle energies (including sexual energy) can escalate the slightest thought into action. It doesn't take much for things to get rolling. Just a brief moment of sexual curiosity can trigger the rapid onset of astral sex. Astral sex problems are most likely to occur in the real-time zone and the lower astral planes.

Because of the tension it causes (not to mention its effect on the physical body), an astral sex encounter will quickly end an OBE. Avoid conditioning yourself to have sexual experiences when you encounter the opposite sex during an OBE. This kind of behavior is addictive and will slow the development of OBE abilities and lower your potential for reaching higher-quality astral levels. To avoid astral sex, keep your distance from others

during an OBE and quickly leave the area if sexual thoughts appear in your mind.

Sight and Visual Complications

Visual perceptions in the out-of-body state can vary a great deal. At its best, out-of-body sight is far more vivid than normal physical sight. It's as if everything around you is perfectly in focus all at once. Many new colors exist in the astral—colors that don't exist in the physical dimension—and the high quality of illumination can make our physical world seem drab and colorless.

At its worst, you will lack any visual perception at all; everything will be completely black. Yet you'll usually know where you are and what is around you. This is like how you can find your way around your home in the dark, knowing where you are in relation to walls and furniture. It's the same kind of spatial perception and knowing.

There are several levels of vision distortion between perfect astral sight and blindness. You might find your vision is dark and distorted, like you are wearing a really bad pair of fogged sunglasses. You might find that part of your field of vision is hazy or grayed out. You might find yourself blind in one eye or have blurred or tunnel vision. What you see may also come in and out of focus.

Any object that is focused on during an OBE, especially in the real-time zone, will be affected. It may start melting or it may change or morph into something else. It is the act of focusing on something for too long that causes these changes. This peculiar effect is variable and its cause is unclear, but this probably rests deep in the subconscious mind. To avoid affecting objects in the OBE environment in this way it is advisable not to focus overlong on any object. Just note it, shift your gaze, and keep moving. Staying in motion is another good way to keep a projection stable.

Reading text and numbers in the out-of-body state is bit of a hit-or-miss affair. You might look at a page of text that at first glance seems perfectly

clear, but then it starts jumbling into nonsense. The cause of this problem seems partly related to how any object that is focused on tends to be altered by that focus, and also to a peculiar type of astral dyslexia. Pages of text that first look neat and meaningful rapidly deteriorate if focused upon. A line or two can usually be read okay, but then the words start to jumble and reverse and letters get all mixed up until you end up with an unreadable mess. Little of what has been read can usually be remembered after the OBE. This is very much like how people with dyslexia describe their reading problems.

Astral dyslexia may relate to how most people read in the real world and may, in fact, relate to the physical condition of dyslexia. Most people read using subvocalization—reading thoughts aloud in their heads as spoken-thought words (like an internal dialogue). A different way of reading, called *visual recognition,* works better in the astral. This is where lines of words are scanned whole instead of being read word by word. This uses the principles of speed-reading, where lines are quickly scanned using visual recognition alone. With speed-reading, information is taken in directly without subvocalizing the words. Comprehension is generally poor to begin with but steadily improves with practice. Reading speeds of many thousands of words per minute can be achieved with speed-reading methods.

The cure for astral dyslexia–type reading problems is to learn a speed-reading method. In this way a page of text can be scanned rapidly so more information can be gained before the page of text becomes jumbled and nonsensical.

Close proximity to your physical body can also contribute to vision problems. It’s always a good idea to move away from your physical body immediately after the exit. When you’re too close, your projected double can also pick up sensory input from its physical counterpart, especially when it is still mentally awake and has astral sight (discussed in Week 13).

If things are dark or blurry, simply demanding better light and clarity will often work. Firmly command “Give me light!” or “Give me clarity!” and light and clarity will usually be restored. The reason why this works seems related to the power of the subconscious mind. The subconscious mind works behind the scenes and has vastly stronger creative ability than the conscious mind. It makes sense that this creative strength would be more available during an OBE than it is in the normal waking state. In effect, by making a firm statement like “Give me light!” you are giving a direct order to your subconscious mind. This is like a superpowerful affirmation, but in the sensitive OBE environment, results can be instantaneous.

Body Magnetism

Once you’ve projected, there are a few complications you might encounter that involve the proximity of your physical body. One such complication is a sense of body gravity. This feels like an invisible tether is attached to your projected double that’s trying to pull you back into your physical body.

There are two possible reasons for this happening. First, it could be that your physical body/mind is still too awake. In this case there may be a struggle between your awake body/mind aspect and your projected double for available energy. Under these circumstances, loss of strength and vitality, muddle-headedness, and loss of lucidity can result. A sense of duality—that you are existing in two places simultaneously—can also accompany body magnetism. With duality, you’ll often receive sensory input from two different perspectives: from your physical body and from your projected double.

A second reason for body magnetism occurs when your physical body/mind starts to fall too deeply asleep. In this case, magnetic pressure can be associated with the loss of strength, a decrease in lucidity, and exaggerated reality fluctuations as the dream mind begins to engage.

If you experience body magnetism, our best advice is to get at least twenty feet (five meters) from your physical body. This should ease the tension

between your physical and projected aspects. Yet even at this distance you may still feel some pressure. Keep moving away from your physical body until the pressure disappears.

Since this magnetic pressure does not occur when you're operating in the astral (i.e., outside the real-time zone), another means to overcome this is to launch into the astral planes. Directions for getting to the astral from the real-time zone are discussed in Week 13.

A Fearful Presence

Another complication of your astral double remaining too close to your physical body is the fearful presence syndrome. In this situation your physical body/mind aspect remains lucid and aware, usually in a fully paralyzed state, after a successful projection has occurred.

Try to imagine it: You felt the exit symptoms—the vibrations, heart center activity, the sense of falling and inner motion—but then everything stopped with no exit being apparent. In fact, your projectable double effectively separated and is now gliding about the room. But your physical aspect is unaware of this, as your shadow memories (the memories of your projected double) have not yet been downloaded.

In this situation it's possible for your physical body, paralyzed and in trance, to detect a very distinct ghostly presence in the room. You might even hear something moving about nearby and may even catch glimpses of a ghostly image. Needless to say, this can cause alarm, even terror, for your physical body/mind. The fear and emotion this can cause will form strong memories that will prohibit a successful shadow memory download after your unsuspected OBE. This leaves you with only the physical body/mind's memories of a traumatic experience.

It is important to know that should you sense or hear a presence in the room with you, especially after an apparently unsuccessful OBE exit leaves you paralyzed or with extreme heaviness and lethargy, the source of this disturbance is most likely your own projected double. Do your best to relax

and clear your head and wait for reintegration to take place. If you (meaning your projected double) follow your OBE plan, this will not be long. The more relaxed and tranquil your mind, the more likely your shadow memories will successfully download.

When you successfully project, make the projection attempt short as planned. Stay away from your physical body and do not look at it, follow your walk-through, and then return to your physical body in fairly short order. This lessens the chances that you might disturb and frighten your own physical self. When you have more experience, leave your room as soon as you have projected and only return for re-entry.

Astral Feedback

By far, the severest possible complication of remaining too close to your physical body after the exit is a phenomenon called *astral feedback.* This happens when the physical body/mind remains awake, alert, and with astral sight and observes and telepathically connects with its own projected double. As you might imagine, this is a pretty rare situation. Normally, it only happens to advanced projectors who can stay conscious and gain astral sight in their physical/expanded energy counterparts after the exit. Still, it occasionally can happen to new projectors inadvertently, so it's a good thing to know.

Astral feedback is something like the feedback one might hear on a PA system when the microphone is so sensitive it can hear itself listening to itself listening to itself and so on. It's the narrowing circle of feedback between the microphone and speaker that's responsible for the high-pitched sound that spills out into the upper registers.

Astral feedback takes place when the awake physical body/mind becomes aware of the mind of its projected double, which in turn becomes aware of the mind of its physical body/mind, which in turn becomes aware of the mind of its projected double, and so on. Such an infinite circle of telepathic feedback can cause an incredible sense of dizziness, nausea, weakness, and

disorientation in both the physical body/mind and its nonphysical projected counterpart. This is like holding two mental mirrors up facing each other so they reflect back and forth to infinity.

The solution in this situation is for your projected double to turn and move quickly away from your physical body. Distance breaks the telepathic feedback circuit and recovery is swift. The you in your physical body/mind should also attempt to look away, as astral sight is a prime ingredient in the astral feedback loop. An astral feedback encounter with one's self also has the effect of causing a solid shadow memory download, so this can be a useful (albeit slightly unpleasant) way to recover shadow memories. However, this can be done with minimal discomfort, as long as the astral feedback connection is kept brief.

Self-Hypnosis to Recall Shadow Memories

So far you've learned several methods of enhancing shadow memory recall. You've written key words in your dream notebook and used slight discomfort to prevent your body from going too deeply asleep during an OBE. You might even have used a wake-up alarm to prematurely end an OBE during practice sessions to induce shadow memory downloads.

An excellent method for recalling OBE memories is to use self-hypnosis. Self-hypnosis is a guided way to enter a trance state. Using relaxation and stair-descending imagery, you enter a form of the mind awake/body asleep state. This leaves you open to suggestion as well as permitting access to levels of mind that are normally inaccessible during your waking state. This can allow you to tap into memories that would otherwise be beyond your reach.

Having practiced trance work these past several weeks, you should now be an excellent subject for hypnosis. In the section below we've outlined a script for creating your own self-hypnosis recording aimed at improving

shadow memory recall. In addition, this uses key-phrase conditioning for helping you more easily recall OBE memories.

Live or recorded, the human voice works best for self-hypnosis. Reading through the script below and trying to give yourself the OBE memory cues mentally during a trance session will not be as effective as a voice recording. Be sure to write down any information you receive in your OBE notebook after listening to your recording. Like shadow memories, trance experience memories fade quickly and details will be lost unless captured on paper.

Self-Hypnosis Recording Script

When you narrate your self-hypnosis recording, use a slow, measured, drowsy voice. Talk the way you would if you were gently trying to wake a child. At the same time, speak as if you were really, really bored. Remember, the idea is to put yourself "to sleep" when you listen to the recording, so use a voice that would be conducive to making you drift off. If the sound of your own voice bothers you, ask a friend to narrate the recording.

Note: Narrate the following, but do not say the words enclosed in square brackets ([]).

Recording Script

Take a deep breath. [*Pause.*] Let it out slowly, calmly. Relax. [*Pause.*] Take another deep breath. [*Pause.*] As you release it, feel all the tired, used, stale energy leaving your body. As you inhale, feel new, clean, bright energy coming into your body. Filling your body. Filling your mind. [*Pause.*] Take another deep breath. [*Pause.*] Let it out slowly, feeling all of your worries, tensions, and anxieties flowing out of your body. [*Pause.*] Relax.

[*Fifteen seconds of silence.*]

Okay, I want you to feel your body begin to relax. Start with your feet. Feel each one of your toes begin to relax. [*Pause.*] Feel the relaxation

gradually drift down through your feet, relaxing your feet.

[*Ten seconds of silence.*]

Allow your calves to relax. Feel all the tension drain from your calves. Relax them completely.

[*Ten seconds of silence.*]

Feel your thighs and your buttocks relax. Let them go loose and limp. Let all of the tension slip away. Relax them utterly.

[*Ten seconds of silence.*]

The entire lower half of your body is now completely comfortable and tension-free. Warm. Light. Relaxed. [*Pause.*] Now begin to relax your stomach. Feel the tension drain away from your stomach muscles. [*Pause.*] Allow your chest muscles to relax. [*Pause.*] Feel a warm sense of relaxation rise up from your back and spread past your shoulder blades and up through your shoulders. Let your shoulders go completely loose and limp.

[*Ten seconds of silence.*]

Allow that warm feeling of relaxation to drain down into your upper arms. Down through your lower arms. [*Pause.*] Feel your hands and fingers relax and go limp. Let the tension drain away from them completely.

[*Ten seconds of silence.*]

Now feel the relaxation spread out across your face. Let your face muscles go completely relaxed and limp. [*Pause.*] Feel the tension filter out of your head and neck muscles. Your head and neck muscles are now completely relaxed.

[*Ten seconds of silence.*]

Your entire body is now utterly relaxed and at ease. You feel warm and drowsy. Your limbs feel very heavy and tired. You are very sleepy, so sleepy.

[*Ten seconds of silence.*]

Imagine a staircase going down somewhere just in front of you. [*Pause.*] Imagine that you are walking now, walking down the stairs, as I count backward from ten to one.

Ten. Walking down, down, down, down.

Nine. Walking down, down, down, down.

Eight. Walking down, down, down, down.

Seven. Walking down, down, down, down.

Six. Walking down, down, down, down.

Five. Walking down, down, down, down.

Four. Walking down, down, down, down.

Three. Walking down, down, down, down.

Two. Walking down, down, down, down.

One. Walking down, down, down, down.

[*Fifteen seconds of silence.*]

You are now very relaxed. Very sleepy. Very deep. In a few seconds you are going to go even deeper. [*Pause.*] Continue to walk down the stairs as I count backward from ten to one.

Ten. Walking down, down, down, down.

Nine. Walking down, down, down, down.

Eight. Walking down, down, down, down.

Seven. Walking down, down, down, down.

Six. Walking down, down, down, down.

Five. Walking down, down, down, down.

Four. Walking down, down, down, down.

Three. Walking down, down, down, down.

Two. Walking down, down, down, down.

One. Walking down, down, down, down.

[*Fifteen seconds of silence.*]

You are now very, very sleepy and relaxed. Perfectly safe. Perfectly at ease. Very, very deep. [*Pause.*] You feel a bright warm light filtering down from above and filling every part of your body and mind. This light protects every part of your being. You are perfectly safe, perfectly at ease.

[*Fifteen seconds of silence.*]

Your mind is now very clear and open to recalling memories of your out-of-body experiences. The memories of your out-of-body experiences are completely accessible to your conscious mind. You absolutely have the power to recall your out-of-body experiences.

[*Ten seconds of silence.*]

In a moment, I am going to direct you to recall your most recent out-of-body experience. I'm going to count down from the number three and when I say the number one, memories of your most recent out-of-body experience will begin to filter in to your conscious mind. You might experience this as a series of images. You might experience this in the form of sounds or colored lights. Or it may be simply a matter of just remembering and knowing. However the memory comes, simply let it flow into your conscious mind without analyzing it or judging it. Simply let the information flow at a natural pace.

[*Five seconds of silence.*]

Okay, I'm going to count back from three now and when I do, the memories will start flowing back. [*Pause.*] Three. [*Pause.*] Two. [*Pause.*] One.

[*Five minutes of silence.*]

Very good. Now, all of the memories and impressions that came to you during this session will be perfectly accessible when you awaken. You will remember it all with full, multidimensional clarity. When you get up, you will write down your impressions with as much detail as possible in your

OBE notebook. The more you write, the more the memories of the experience will come flooding back.

[*Fifteen seconds of silence.*]

From now on, when you are having an out-of-body experience, you will focus on the words *crystal-clear memory.* The words *crystal-clear memory* will be a key for you to unlock the memories of your out-of-body experiences in great detail. When you wake up in the morning and are trying to remember your OBEs, simply saying the words *crystal-clear memory* to yourself will cause you to recall your experiences. When you are in trance, saying the words *crystal-clear memory* will cause memories of your OBEs to surface in your subconscious mind.

[*Fifteen seconds of silence.*]

From now on, when you are having an out-of-body experience, you will focus on the words *crystal-clear memory.* The words *crystal-clear memory* will be a key for you to unlock the memories of your out-of-body experiences in great detail. When you wake up in the morning and are trying to remember your OBEs, simply saying the words *crystal-clear memory* to yourself will cause you to recall your experiences. When you are in trance, saying the words *crystal-clear memory* will cause memories of your OBEs to surface in your subconscious mind.

[*Fifteen seconds of silence.*]

In a moment you are going to wake up. I will count up from one to ten and when you hear the number ten, you will be perfectly awake, attentive, and refreshed. You will feel very calm and tranquil, happy to be alive. All of your OBE memories will be intact and accessible, ready for you to write them down in your notebook.

[*Pause.*]

One. Feel yourself rising, ascending and coming back up.

Two. Rising, higher and higher.

Three. Coming back up, gently rising.

Four. Ascending, ascending. Beginning to wake up now.

Five. Become aware of your body now, your arms and legs, hands and feet.

Six. Yawn and take a deep breath.

Seven. Begin to stretch your legs. Stretch your arms.

Eight. Take another deep breath. Feel clean, light energy filling your body.

Nine. Begin to move your arms, move your legs.

Ten. Wake up. Open your eyes, sit up, and stretch. You are now awake and alert.

Notes on Using Your Hypnosis Recording

It will take at least three weeks of regular use (four or five sessions a week) before you become conditioned to the hypnosis recording's key word suggestions. Keep it up. The more you use the key words, the more effective they'll become.

If while listening to the recording you find it difficult to get any memories after a minute or two, try making something up. See yourself hovering above your body at nighttime. Imagine yourself wandering around your house at night. Visualize yourself flying over your neighborhood. Don't take it too seriously, just make up a scenario and, whatever it is, write it down in your journal and note that these memories are in response to stuff that you made up.

Each time you find yourself having difficulties, make up an OBE memory. After practice with the recording, you'll no longer have to do this. The memories will start appearing naturally. The exercise of making something up is merely so you'll learn to accept and trust the information as it comes to you.

Optional: BrainWave Generator Preset "Week 12: Exit Training"

This week's BrainWave Generator preset has two phases.

The program features six tones. During the first phase, which lasts ten minutes, one tone lowers from an awake level to a mind awake/body asleep level. Meanwhile, the other five, quieter tones remain at a mind awake/body asleep level, where they remain for the duration of the program. Many of the latter tones are also modulated to make it seem like the sound is spinning around your head at different rates.

The visual frequency (if you are using light goggles) begins at an awake level and gradually lowers to a mind awake/body asleep level throughout the course of the first ten minutes. It remains at a mind awake/body asleep level thereafter.

Be sure to use the preprojection routine and exit techniques while listening to the program.

Total preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 12
DAILY PAGES

This week's exit techniques:

Boomerang method: Bounce a point of your awareness from your brow center across the room to a target on the opposite wall (or ceiling if lying down). Feel your perception of the room suddenly change as your point of awareness hits the target. Briefly feel yourself there, being aware of where your physical body is behind you. Then, when you bounce your point of awareness back to your brow center, feel your perception change back to your physical body. Repeat the bounce action and settle into a comfortable rhythm.

Walking and falling method: Everyone has experienced stumbling and catching themselves. For example, you put a foot down on a step that isn't there. Use the memory of the feeling of sudden, unexpected falling while simultaneously remaining perfectly relaxed and still.

Driving method: Imagine driving on a road with trees and buildings moving past on either side. See the horizon in the distance and try to feel the forward movement using the memory of driving to get a sense of actual motion. Feel yourself moving toward the horizon and feel it moving toward you.

DAY 78

OBE Exit Training: Boomerang Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Boomerang method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Boomerang Method (20 Minutes)

1. Pick a target on the ceiling above your bed or high on the wall opposite you if you're sitting. This can be a light fixture, picture, or anything, or you can affix a target there instead. Stand on your bed or a chair and get the feel of what it is like to be right up close to this target. Lock the image of the target into your memory. Get the feel of how the furniture, windows, doors, and bed all look and feel from there while you are facing the target. Memorize what it feels like to be at the target area.

2. Spend a little extra time stimulating your brow center using the extra brow center stimulation method given earlier in Week 4. Hold your point of awareness in your brow center. Next, bounce your point of awareness away and feel it touch the target, then rebound it back to your brow center in your physical body. Try to feel and see this happening in your imagination.

3. As you bounce outward and your point of awareness touches the target, for that single moment briefly become aware of being at that location, as if your face were right up next to the target. Feel this with your awareness and imagination. The details of this action do not have to be precise. A vague blurring feeling, the room changing, feeling yourself bouncing off the target, and being there with this new perspective being momentarily highlighted in your mind's eye is all that is required.

4. As you rebound your point of awareness back to your physical body, feel your perception of the room suddenly shift back to your brow center. Briefly be aware of and try to see in your mind's eye the target across the room from the perspective of your physical body.

5. Repeat this process, continually bouncing back and forth between your brow center and your target, until the projection reflex is triggered. If you feel close to projection during this but it does not actually happen, change to another technique like rope, ladder, or rolling out to finish the exit.

6. Once underway, this action causes a blurring in the mind's eye, with the target being seen and felt briefly from two different perspectives: from the brow center and then from up close to the target alternately. It is not necessary to keep close track of what happens between these points in the mind's eye; feeling this change in your perception is enough. Each bounce, in or out, should take about one second each way, but this speed should be varied to suit what feels natural to you.

Daily Tips

Robert: This technique uses a rapid one-pointed bounce action from the brow center to the target. It neatly overcomes the difficulties encountered when trying to hold a point of body awareness exterior to the physical body. This causes a brief flash of the new spatial location to be felt and seen in the mind's eye at the end of each outward bounce action. This tricks the mind into accepting a momentary shift of perception to an exterior location.

Brian: The boomerang method is one of my favorites because it's easy to visualize and very effective. The first sensation I get when I use this one is a pronounced swaying effect. Keep at it until you feel the vibrations but try not to let them distract you.

Your Program Notes/Observations

DAY 79

OBE Exit Training: Boomerang Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Boomerang method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Boomerang Method (20 Minutes)

1. Pick a target on the ceiling above your bed or high on the wall opposite you if you're sitting. This can be a light fixture, picture, or anything, or you can affix a target there instead. Stand on your bed or a chair and get the feel of what it is like to be right up close to this target. Lock the image of the target into your memory. Get the feel of how the furniture, windows, doors, and bed all look and feel from there while you are facing the target. Memorize what it feels like to be at the target area.

2. Spend a little extra time stimulating your brow center using the extra brow center stimulation method given earlier in Week 4. Hold your point of awareness in your brow center. Next, bounce your point of awareness away and feel it touch the target, then rebound it back to your brow center in your physical body. Try to feel and see this happening in your imagination.

3. As you bounce outward and your point of awareness touches the target, for that single moment briefly become aware of being at that location, as if your face were right up next to the target. Feel this with your awareness and imagination. The details of this action do not have to be precise. A vague blurring feeling, the room changing, feeling yourself bouncing off the target, and being there with this new perspective being momentarily highlighted in your mind's eye is all that is required.

4. As you rebound your point of awareness back to your physical body, feel your perception of the room suddenly shift back to your brow center. Briefly be aware of and try to see in your mind's eye the target across the room from the perspective of your physical body.

5. Repeat this process, continually bouncing back and forth between your brow center and your target, until the projection reflex is triggered. If you feel close to projection during this but it does not actually happen, change to another technique like rope, ladder, or rolling out to finish the exit.

6. Once underway, this action causes a blurring in the mind's eye, with the target being seen and felt briefly from two different perspectives from the brow center and then from up close to the target alternately. It is not necessary to keep close track of what happens between these points in the mind's eye; feeling this change in your perception is enough. Each bounce, in or out, should take about one second each way, but this speed should be varied to suit what feels natural to you.

Daily Tips

Robert: Another technique that I often use for projectable double loosening, or the OBE exit, I call *the plank.* Imagine a thick plank of wood the length of your body beside you. Move this body awareness plank in a clockwise circle around you, close to your body. Feel this the whole length of your body. Increase speed till you find a comfortable action. Next, let the plank move out from your body as it circles you, farther and farther till it skims the walls around you. If you are outdoors or in a large open space, see how far you can swing the plank out. This has quite a strong effect on the energy body and you will feel inner body movement fairly quickly. When you swing the plank out wide, try to keep a rough feel of its effect on the whole length of your body. Once you get the action moving, your body awareness memory will make it easier to maintain. This technique can also be used in trance induction and to clear the energy around you.

Brian: Have you been on the edge of projection only to grow frightened and pull back at the last second? Consider spending some time meditating on your fears. It's one thing to think, "I'm not afraid of this," when you're reading about astral projection in a brightly lit room on a cozy armchair. It's another thing to think the same thing when the vibrations are coursing through your body and an astral noise band is playing a samba all around you. Fear is just a form of energy of which you have the power to release and let go. Be sure to replace your fear with another pattern: something positive!

Your Program Notes/Observations

DAY 80

OBE Exit Training: Walking and Falling Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Walking and falling (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Walking and Falling Method (20 Minutes)

1. Everyone has had the experience of stumbling and catching themselves or putting one's foot down on a step that wasn't there or sitting down and realizing the chair wasn't precisely where you expected. In each case, remember the lurch in your center and how surprised you felt at the unexpected sensation of falling.

2. Continue to recreate this sensation in your mind, only instead of recreating the feeling of tensing and trying to catch yourself, feel yourself letting go entirely and letting yourself fall. Expect that the ground is below you, that you are indeed going to feel it once you fall, but remain relaxed anyway.

3. Now feel how surprised you are when you don't hit the ground but instead keep falling, falling, falling.

4. Continue to recreate this feeling starting at the beginning and repeating the sequence. Use slightly different falling scenarios if it helps. Make the experience as visceral as possible.

Daily Tips

Robert: With the walking and falling method, I will also imagine that I am jumping down short flights of stairs and recreate the falling sensation with

imagination and body awareness. Imagine a fire escape stairway where there are short flights of steep steps leading down, a small landing, and then another set of stairs going down. Jump down one flight, then the next, and so on. This scenario creates a clockwise downward action that can help induce trance as well as an OBE exit.

Brian: In order to recall the feeling of falling, I spent about twenty minutes falling back onto a mattress piled with pillows. First I practiced with my eyes open, then after a while I kept them closed, playing with my expectations about when I would feel the mattress. I would imagine the mattress was at a forty-five degree angle and notice how my body reacted when I fell past that point, noting the tendency to want to tense up. Eventually I found I could fall back feeling completely secure and relaxed.

Your Program Notes/Observations

DAY 81

OBE Exit Training: Walking and Falling Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Walking and falling (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Walking and Falling Method (20 Minutes)

1. Everyone has had the experience of stumbling and catching themselves or putting one's foot down on a step that wasn't there or sitting down and realizing the chair wasn't precisely where you expected. In each case, remember the lurch in your center and how surprised you felt at the unexpected sensation of falling.

2. Continue to recreate this sensation in your mind, only instead of recreating the feeling of tensing and trying to catch yourself, feel yourself letting go entirely and letting yourself fall. Expect that the ground is below you, that you are indeed going to feel it once you fall, but remain relaxed anyway.

3. Now feel how surprised you are when you don't hit the ground but instead keep falling, falling, falling.

4. Continue to recreate this feeling starting at the beginning and repeating the sequence. Use slightly different falling scenarios if it helps. Make the experience as visceral as possible.

Daily Tips

Robert: One variation of the walking and falling method is running and jumping. Imagine you are running and that there are a series of large

puddles at regular intervals before you. Imagine running fast and then jumping and sailing over the puddle, then running and jumping, and so on. The puddles are very large but as you are having an OBE you can easily clear them. Another variation of this is to imagine that you are on the moon. Imagine a moonscape before you with regular large obstacles (rocks, sand lakes, low hills, ravines, etc.). Run forward in your spacesuit and jump over each obstacle as it appears. With your imagination and body awareness, see and feel yourself sailing up and over each of them and then floating back down again on the other side.

Brian: It can be difficult to feel a continual sense of falling. Instead, try to imagine yourself walking around, creating the sense of falling in the pit of your stomach for short intervals. Interchange between walking and falling, walking and falling. I find it useful to play-act this technique whenever possible before actually doing it mentally. This helps when learning new techniques. When in doubt, physicalize and memorize. It makes it easier to remember the steps and easier to visualize once you have play-acted them out. It's better to spend five minutes practicing before you go into trance rather than to go through all the steps and then realize that you are unsure how to proceed.

Your Program Notes/Observations

DAY 82

OBE Exit Training: Driving Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Driving method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Driving Method (20 Minutes)

1. Relax and let a driving scenario play itself out in your mind's eye. Use your sense of body awareness to help you feel yourself moving along a road toward the horizon. Use the scenery to hold your mind clear of thoughts, aided by breath awareness if necessary. This can involve day or night driving. Do not involve yourself in the actual driving. Be a passenger if this is easier.

2. See the road and trees and buildings moving toward and past you as you roll over an endless broken white line. Feel yourself moving toward the horizon as the scene unwinds in your imagination. In the back of your mind feel your physical body being left far behind you as you drive away toward the horizon. Like all imagination-based OBE exit techniques, the more deeply you can immerse yourself in this scenario, the more effective it will become. This technique can trigger the projection reflex, but it can also phase you into the astral with no OBE exit symptoms.

Daily Tips

Robert: If you have ever been on a long drive and gone to bed soon after finishing, you may notice a shadowy animated image of your long drive impressed in your mind's eye. The imagery will be much clearer if you are overtired. When you close your eyes and relax, the view you had of that long road and of the scenery unwinding toward you replays in your mind's

eye for a considerable time. This often lasts for an hour or more if you have spent several hours driving. This effect can be used to trigger the projection reflex.

Brian: Another technique for stimulating this optical illusion, if you have a computer, is to play a game or gaze at a screensaver that gives you the illusion that you are moving forward. Driving and racing games are particularly effective for this, as are screensavers that simulate movement through a field of stars. Note that the density and speed of screensavers are usually adjustable via your display settings.

Your Program Notes/Observations

DAY 83

OBE Exit Training: Driving Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Driving method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Driving Method (20 Minutes)

1. Relax and let a driving scenario play itself out in your mind's eye. Use your sense of body awareness to help you feel yourself moving along a road toward the horizon. Use the scenery to hold your mind clear of thoughts, aided by breath awareness if necessary. This can involve day or night driving. Do not involve yourself in the actual driving. Be a passenger if this is easier.

2. See the road and trees and buildings moving toward and past you as you roll over an endless broken white line. Feel yourself moving toward the horizon as the scene unwinds in your imagination. In the back of your mind feel your physical body being left far behind you as you drive away toward the horizon. Like all imagination-based OBE exit techniques, the more deeply you can immerse yourself in this scenario, the more effective it will become. This technique can trigger the projection reflex, but it can also phase you into the astral with no OBE exit symptoms.

Daily Tips

Robert: I discovered the driving method after a six-hour night drive. I was overtired when I got home and went to bed soon after. Every time I closed my eyes I could see the road I had just traveled replaying and unwinding very clearly in my mind's eye. This caused a series of spontaneous OBEs. A similar thing happened after playing a computer game for several hours.

How well you can visually see such a replay after a road trip or similar will vary according to your tiredness and mind's eye ability, but this can be compensated for with focused imagination.

Brian: Try this today: before you begin your OBE session, postulate to yourself that going out of your body is a part of your destiny. Feel as if this is meant to happen, as if every experience you've ever had has led to this moment, that today is the day you're going to get out. Really *feel* this and as you go through your session, *expect* something to happen. Mentally ask for help. Assure yourself that you are ready for this experience and make it happen.

Your Program Notes/Observations

DAY 84

OBE Exit Training: Driving Method

Date: _____

	TASKS
MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 12 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Driving method (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

	AFFIRMATIONS
MORNING	I readily recall my out-of-body experiences. I understand the temporary nature of the OBE memory and immediately record the key words to my astral travels, expanding on the details as soon as possible.
EVENING	Tonight I have a lucid dream. I realize I am dreaming and take control of my environment. I manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is completely alert.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

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Daily Tips

Robert: There are times while trying to induce an OBE when you can get to a point where you just *know* beyond any doubt that you can project out of your body. This knowing time is most likely to happen when you have fallen asleep during OBE exit practice and woken later to find yourself in a perfectly balanced state. Inner balance is key to OBE. This balance has

occurred because your dream mind has been unusually active during your nap and has processed so much experience material that it has left you with a temporary state of perfect inner balance. This is why most people have their first OBEs after sleeping and then waking early in the morning. This state will not usually last long, but when it occurs, an open window appears where it is possible to have an easy OBE exit. Because of this, taking a nap during an OBE exit training session is a good way to produce the balanced inner state required for an OBE.

Brian: If you find yourself getting to the vibrational stage by one of the rope or bouncing methods but find that you are unable to separate, try something new the next time you experience the exit symptoms. Instead of willing yourself to separate, try visualizing some place with which you're very familiar and comfortable. Don't just see it, feel it. Be there. Get oriented to what it's like, feel the ground beneath your feet, what it smells like. Imagine it so vividly that you'll be surprised if you open your eyes and you aren't there. If you don't actually go there, it might be enough to provoke a separation.

Your Program Notes/Observations

Before Moving On

This week you should have:

- discovered techniques for restoring OBE vitality and strength;
- understood the hand-glance method for extending OBE lucidity;
- learned to stay at least twenty feet (five meters) from your physical body to avoid astral feedback and sight/vision problems;
- understood that sensing a ghostly presence, especially during paralysis, is likely caused by your own projected double;
- learned how to create a memory-recovering self-hypnosis recording;
- practiced each of this week's OBE exit techniques.

I was in bed and glanced at the clock. It was 5:18 a.m. I wondered whether I should attempt an OBE. I was lying on my side and hadn't moved my body yet when it happened. I heard a whooshing sound and began to experience the vibrations. I just focused on rising up for five seconds or so. There was a moment's hesitation and then I felt myself rising up. Suddenly, I knew that I'd done it. I was out of my body!

I went to the window and prodded it with my hand. My fingers went right through, so I dove out and began to fly. I found myself in a completely different place than what is actually outside my window (the window itself was different). I was flying above a residential part of a city experimenting with my control of flying. I would see a tree or a tower up ahead and imagine that I was zooming towards it and my flying would speed up.

A sculpture on the back of someone's third-floor deck caught my eye, so I swooped down to take a look. It was a sculpture of a woman. Since the back door was open I thought that maybe I shouldn't be there, so I took off again.

It was a gray, cloudy, early morning light. I had the sense that everyone was waking up for a new day. I accidentally flew through some wires but barely felt them. Then I flew over a café and market and decided to check it out.

I don't really remember landing. I was suddenly just inside the restaurant. I walked around but most people didn't notice me. I was really watching them to see if they would react to me. It's a very peculiar sensation not to be noticed.

Then a guy sitting at a table stood up and spoke to me. I clasped his arm and told him that he was the first person I'd ever talked to in my astral form. He didn't seem to know what I was talking about. Someone else in the group, who also seemed to know I was there,

made a comment that prompted me to ask, "Oh, were you close to dying?" He said that he was but that everything seemed fine now.

WEEK 13

The Basics of OBE Navigation

What to Expect

- Moving around out of body
- Getting into the real-time zone
- Getting into the astral
- Astral tunnels and tubes
- Projecting into void
- The subconscious mind and astral travel
- The astral wind phenomenon
- Real-time/astral sight and projection
- Developing your own exit techniques
- Astral transference: mentally projecting into the astral
- *Optional:* BrainWave Generator instructions
- More exit techniques
  - *Bouncing ball*
  - *Floating turn*
  - *Corner fingering*

Another Door Opens . . .

As this ninety-day program draws to a close, we'd like to offer some advice on moving around without a physical body. Getting from point to point during a projection can be fluid and unconscious or awkward and clumsy. If

you hope to complete your first planned OBE the way you've been practicing, it helps to know the basics.

We'll also cover the fundamentals of the astral planes versus the real-time zone and offer advice for moving from one to the other. There are specific as well as unpredictable ways to navigate to and within these areas. Our advice can help you avoid some common pitfalls and make sense of sudden and seemingly inexplicable transitions between the real-time zone and the astral planes. Also covered are various types of astral phenomena—what these are and how to cope with them—including the void and the astral wind phenomenon. We will also offer some speculative thought on the involvement of the subconscious mind and the higher self in astral travel.

Finally, we'll conclude the program by describing some alternate means of projecting and phasing into the astral planes and offer guidelines on creating your own OBE exit techniques.

Astral Physics

The laws of physics do not apply in the out-of-body environment. Moving about without a body isn't always easy, especially in the real-time zone. Novice projectors often find that moving even short distances can be an awkward affair. While the real-time zone environment might resemble everyday reality, moving about can be likened to working in space, with no gravity to push against or to stop your momentum.

You will not notice the pull of gravity but you will fall if you step off a high place, although the falling part happens in slow motion. You may feel something akin to pain when you hit the ground, but this is not real pain, it is *remembered* pain. You also might find yourself bouncing as you impact the ground. The sense of gravity during an OBE is aligned with one's expectations. You fall because you subconsciously expect to fall, not because there is actual gravity dragging you down. OBE gravity comes from a lifetime of constantly experiencing gravity, which forms a powerful subconscious expectation of falling.

It takes time to realize that you are not moving about on legs in a normal gravity environment but rather that motion is controlled by your thoughts. To get where you want to go, focus on where you want to be and will yourself to move. This is a bit like an easy version of the point shift technique, where you imagine and feel yourself above or ahead of yourself. For example, imagine you enter a hallway and want to move to the other end. Look ahead and feel yourself moving and you will move. It can help if you imagine you are wearing roller skates and that the direction you want to move in is always downhill. To stop or change directions, feel yourself stopping by reversing the point shift action, by feeling yourself pulling back and stopping. This takes a little practice and first attempts are often ungainly, but you'll soon get the hang of it.

Moving quickly along the ground is difficult. You'll find there are two basic speeds: walking speed and car speed. Walking is fairly slow and is a bit like floating along the surface. To increase speed, imagine you are getting onto a bike or into a car. Then *feel* yourself driving away and increasing speed, turning corners, and so on. You'll find you can go faster on well-lit, open roads and slower on smaller, poorly lit roads. The subconscious mind seems to limit one's speed to what one would normally think is acceptable for road conditions and lighting.

Real-time zone flying involves similar problems. For new projectors it often feels like they are taking a series of giant leaps rather than actually flying. To start with, think of flying as being more like sailing. The more comfortable you get with this, the better you will be able to control your speed and altitude. It takes a conscious effort to fly and to maintain flight. As soon as you stop the thought providing the motion, you'll start sinking back to the ground. Many people find that flapping their arms like a bird helps them lift off and then gain speed and altitude. OBE moving and flying is fun to learn and quickly gets easier with practice.

Getting into the Real-Time Zone

After the exit, most new projectors find themselves in the real-time zone, if only briefly, before fading into the astral planes. The length of time one can spend in the real-time zone varies according to the attunement and focus of one's energies and one's ability to manipulate and focus these. Still, some people find themselves projecting directly into astral planes and realms and skip the real-time zone completely. If this is happening to you and you want to explore the real-time zone, the following tips may help.

A real-time zone OBE is heavily dependent upon energy. The more energy raising and primary center stimulation done prior to the OBE, the longer one will stay in the real-time zone. However, overstimulating the brow and crown centers will attune one to the astral planes. This will tend to project one directly into the astral planes, often via a rapid tunnel-type exit from the head area.

There are two main ways of shifting back into the real-time zone from astral planes and realms. The first way is to feel for your physical body and room. Imagine what your room feels like from where you left your physical body and try to feel yourself as being there. This will either take you back to your room or back into your body. If the latter, it is usually quite easy to project out again into the real-time zone. Do not waste any time doing this, as you need to project again before you become too connected with your physical body/mind.

The second way is to command that you be returned to your room in the real-time zone. Voice a strong command saying, "Take me back to my room!" or similar. This triggers your subconscious mind into shifting you back into real time. (We'll explain how this works after the next section.)

Getting into the Astral

Rather than being projected directly into the astral, many people find they are locked in the real-time zone and are unable to shift into the astral planes.

One way of getting into the astral after the OBE exit is to move outside and launch yourself into the sky at a roughly forty-five degree angle

(halfway between the horizon and straight up). Move as fast as possible. Don't think about it, just do it. You'll accelerate to an incredible speed very quickly. Fix your awareness on the stars before you, even if you can't yet see them. Feel the stars moving toward you and feel yourself moving toward them. This will result in a mild internal sense of movement followed by a sudden shift in your location and environment. You may also travel briefly through a tunnel-type structure, although this is less common.

The above may take you directly into an astral plane or realm. Alternatively, you may find yourself in real-time zone space or in an astral version of space. Both are filled with stars and it is difficult to tell the difference. If you briefly look back the way you came at this point, you may see the surface skin of one of the lower astral planes beneath you.

If you do see an astral plane surface skin beneath you, then you are definitely in the astral planes. More specifically, you are in a buffer zone between two astral planes. Buffer zones are fairly empty areas between astral planes. The buffer zone between the first and second astral planes is much like space (dark and filled with distant stars).

A typical low astral plane surface skin looks like an infinite plane of flatness covered with grid lines that form large squares. Each square contains a pattern and this pattern is repeated in every other square. The pattern denotes the level of the astral plane being observed. The lower astral plane surface skins are quite barren affairs, but the higher astral plane surface skins are beautiful and colorful works of art.

What is actually seen when astral plane surface skins are observed varies and depends on projectors' energy levels and angles of perception. A great many things affect a projector's angle of perception, including the configuration of active primary energy centers, which affects the amount and quality of energy available during a projection. This configuration affects projectors' attunement and level of operational ability, which affects their astral perceptions. This also contributes to common OBE vision problems.

The lowest astral plane—the one most commonly seen if you look back down just after leaving Earth's atmosphere and entering the astral planes—looks like a flat and barren desert of browns and grays. This is crisscrossed with grid lines that make large squares of identical patterns. In the corner of each square is what looks like scattered rocks of various dull colors, mainly browns and grays and blacks. Higher astral plane surface skins are more sophisticated and colorful, although all are crisscrossed with grid lines, making a flat and infinite field of identical squares.

If you see an astral plane surface skin beneath you then you are definitely not in the real-time zone anymore but are in a buffer zone between astral planes. The lower astral planes are best avoided. These are not dangerous per se, but they tend to be rather boring and colorless places.

To enter any astral plane simply dive down and pass through the surface, like passing through water but without a splash. Features and colored areas denote entry points into specific astral realms. If a structure exists in the center of a grid-lined square, this will take one to the highest level within that astral plane.

To reach a higher astral plane, return to your original course and fix your attention on the brightest star. Move in that direction and continue toward the brightest star you can see. This will grow into a bright portal, looking like a big open window, which grows in size as you approach. Pass through this window and you will find yourself inside an astral plane.

An alternative scenario to the above is that you may see a higher astral plane surface skin before you. This will be colorful and covered with gridlines, with each square containing an identical pattern. Pass through the center of one of the squares, which are a football-field size or larger. This will take you to the highest level inside that astral plane.

Once you enter an astral plane you will find yourself in an astral realm. An astral realm is a part of an astral plane, which is another environment that bears little or no resemblance to the real world. The most accessible astral realms look like giant shopping malls interspaced with open, parklike

areas and small cities. These are heavily populated with people who are sleep projecting. This type of astral realm is very nonthreatening and can be fun to explore.

There are other ways to shift into the astral planes that sometimes work, often without your consciously willing it to happen. An astral plane shift will often take place in the real-time zone when you are passing through barriers like walls, ceilings, and floors. Passing through any solid matter can trigger a dimensional shift, but this is most likely to happen when you pass through doors, windows, mirrors, pictures, and paintings.

For example, passing through a picture will either trigger the subconscious mind to create a reality like the picture itself or it will cause a dimensional shift into a pre-existing astral realm. Mirrors are best avoided as they can shift you into a mirror reality, a reversed copy of the real-time zone.

Another way of shifting into the astral planes that works for most people is to command it to happen. Strongly state your wish by verbally commanding something like, “Take me to the highest astral plane,” and you will often be transported there.

Astral Tubes

Astral tubes are related to higher-than-usual brow and crown primary center activity. This indicates natural clairvoyant ability, even though this may not be realized. This affects these types of projectors’ angle of perception (in how they perceive the structure of the astral planes to be). Projectors can either find themselves moving rapidly through a tube or tunnel as they exit or shortly after the OBE exit. Alternatively, projectors may find a tube entrance nearby after an OBE exit into the real-time zone. This looks like a two-dimensional vortex of swirling colored water or smoke, much like the vortex in the sci-fi television series *Sliders.* The inside of a tunnel usually contains gridlines and changing colors, and sometimes musical tones and notes can be heard.

Astral tubes are much like any flat astral plane surface skin structure, only they are rolled up to form a tube. Do not be afraid to enter an astral tube if you see one during a real-time zone projection. Move into it and you'll find yourself sliding rapidly through it, much like a waterslide tube. The colors and patterns and musical tones will change as you move. Your intuition will tell you when you reach an area that you will like or one with which you have an affinity. When this happens, reach out with your feelings for this area and you will suddenly appear inside that astral plane realm. The tube entrance will often be seen hovering nearby or can be willed back into existence and re-entered should you wish to travel elsewhere.

Projecting into Void

The void is a mysterious phenomenon that is occasionally encountered during an OBE, most commonly by frequent projectors. It is unknown what the void is, but we speculate that it is an area outside the structured areas of the astral planes. Describing the void is difficult as it has no features, only the nothingness of perfect darkness.

The void is harmless and should you ever find yourself in perfect darkness after an OBE exit, do not worry. First, try demanding light by firmly saying, "Light . . . now!" or similar. If this fails, reach out with your feelings and imagine you are back in your room, and this will usually transport you back. If this happens, you can project out again and hopefully arrive somewhere more interesting. If all this fails, relax and enjoy the peace and quiet until you either shift out naturally or your physical body calls you back. The void contains nothing so there is, quite literally, nothing about which to fear.

The Subconscious Mind, the Higher Self, and Astral Travel

There are two main aspects of the human mind: the conscious mind and the subconscious mind.

The conscious mind is the active thinking and decision-making executive aspect of the human mind. This aspect has great flexibility in that it can imagine the past, present, and future. It can also fantasize and visualize and handle sophisticated abstract concepts, including metaphor and analogy, and positive and negative language elements such as *can't, won't, don't, later,* or *never.*

The subconscious mind lies beneath the surface of the conscious mind. For the most part its existence and workings go completely unnoticed. Among other things, the subconscious mind is intimately involved with emotions and memory and can remember every word and thought and moment of a life down to the finest detail. This aspect of mind lives totally in the present, in the here and now, and does not understand sophisticated abstracts like the conscious mind can. This is why affirmations designed to reprogram the subconscious mind must be given in the present and active first-person tense (i.e., clearly active and relating to the here and now).

The conscious and subconscious aspects of mind work both in unison and separately. They are naturally divided, but the subconscious mind holds the bulk of the power in this relationship. The subconscious mind also holds the bulk of a projector's creative power during an OBE.

The subconscious mind is an integral aspect of the awake conscious mind. If divided, the subconscious mind would lack reasoning and processing ability, and the conscious mind would lack memory, identity, and purpose, especially in the OBE state. Together, these aspects of mind form a discrete conscious entity with the sense of being an alive individual that every living person naturally has. "I think, therefore I am."

It is unreasonable to conclude that the whole subconscious mind stays with the physical body or becomes less active during an OBE. In fact, experience and reasoning suggest exactly the opposite: that the subconscious mind becomes far more active and powerful during an OBE. This makes a lot of sense when one considers the altered mental states of projectors (trance state) and the fluid and sensitive environment of the real-

time zone or astral planes. This provides insight that helps us understand some types of astral phenomena. This also provides clues on how to take advantage of the great power of the subconscious mind to improve OBE operations.

The subconscious mind becomes more active during an OBE, although it still rests quietly beneath the surface of the conscious mind. Examples of the power of the subconscious mind can be found by examining how commands work during an OBE. For example, saying things like “Clarity now!” or “Light now!” is well known to impact an OBE by improving vision and light quality. Commands like “Take me home!” or “Take me to the astral planes!” can also directly affect an OBE by transporting the projected double to the requested location.

Another piece of this puzzle rests in OBE case histories where projectors claim that someone (usually described as a person or spirit of some kind) is clinging to them during the OBE. This spirit will often randomly move them about the real-time zone or astral and will sometimes even obey their commands to take them to a specific location. Sometimes this hitchhiker appears to be asleep, sometimes awake. If projectors look behind themselves, they often report seeing arms draped over their shoulders or the side of a face, and so on.

This phenomenon has long been debated, with several possible explanations given. One is that affected projectors have spirits attached to them in real life and that these are manifesting as hitchhikers in the OBE environment. Another is that projectors’ spirit guides are helping them, showing them things, and so on. Another is that a projector’s higher self is responsible. Another is that, for some unknown reason, this phenomenon is created by the projector’s subconscious mind.

The last two explanations above may be related, as the subconscious mind seems intimately connected with one’s higher spiritual self. The higher self also shares something else with the subconscious mind in that they both work invisibly in the background. Direct communication between these two

aspects and the conscious mind is very difficult. During life, the conscious and subconscious minds work in unison and this relationship continues during an OBE. It makes sense that this relationship would also continue after death, which obviously involves interactions among all aspects of consciousness, including all the higher parts.

The most significant common factor in all this is that *something* powerful, silent, invisible, and seemingly independent can at times directly affect projectors during an OBE. This something will at times act independently by moving projectors about the astral. This something will also sometimes obey direct commands given by projectors.

Coauthor of this book Robert Bruce recently experimented with this "something" phenomenon during an OBE and had some thought-provoking results. Here are two examples:

> I projected out of body after lunch, from my office chair, and drifted into my front yard. I did not have a lot of energy so shot for the stars and soon shifted into an astral realm. I found myself in a colorful but rather dim place, near a stream surrounded by trees and grass and unusually large flowers. I commanded "Light, now!" and the realm brightened considerably but was still a bit out of focus. I commanded "Clarity now!" and my vision cleared.
>
> This sparked the thought, "What is obeying my commands?" I decided to experiment further and, looking at the grassy field before me, I commanded "The grass is blue!" and the grass instantly changed to blue. I kept at this and changed all the flowers to purple with yellow centers, the trees to orange with red leaves, the water to pink with green dots, etc. I felt like I was in a cartoon realm. With much food for thought I then returned to my body and wrote the experience in my journal.
>
> The next experience happened two days later:
>
> I projected out of body in the late afternoon and drifted into my living room. I had been thinking about the *something* force that obeys

commands and had some experiments in mind. I was giving healing to a young woman at that time, a Ms. T, for a nervous breakdown, and thought I'd kill two birds with one stone. I had not met Ms. T but had seen her photograph and spoken to her on the telephone.

I gave the verbal command "Take me to T!" and was instantly gripped by a force like a giant hand and found myself moving forward rapidly. I could feel something holding my body and realized that some projectors could easily misconstrue this as a kind of spirit hitchhiker. I passed through the wall and then shifted into an astral realm resembling a large park at twilight, with wide grassy areas, trees, shrubs, and winding concrete paths. I looked about me as I was moved, wondering where I was. My motion slowed and soon came to a stop.

I commanded "Light now!" and the park brightened to daylight. Again I commanded "Take me to T!" and once again I was gripped by the invisible hand and moved quickly forward. This time it took me down at an angle and I passed through the ground, soon finding myself in a star-filled outer space–type scenario. Again I slowed and again I repeated the same command.

I shot forward at great speed and shifted back into the real-time zone, entering a hospital through a brick wall, finding myself in a common room. Sitting at a table across the room from me was Ms. T. I floated closer and gave her healing. I then returned to my physical body. (Ms. T began to recover after this.)

Taking all the above into account, the most reasonable conclusion here is that the mysterious something that obeys commands during OBEs is nothing more mysterious than the presence of the subconscious mind and the higher self. This is not only the simplest explanation but it is the only thing that makes any sense.

The Astral Wind Phenomenon

Astral wind is a peculiar OBE phenomenon. Projectors will be in the real-time zone when a great force will suddenly grip them. This force will grow steadily stronger until it feels like one is being blown away by a silent hurricane-strength wind. The force will push projectors at a steep angle up into the sky, where they will briefly lose consciousness as they pass through the cloud layer or the edge of space. They will return in exactly the same manner and angle a short time later, regaining consciousness at a great height.

Often when projectors return to earth they will find themselves somewhere in the past or in the future. Just how far back or forward in time projectors are taken varies greatly, from a few days to many hundreds of years. When projectors land they will often find themselves in unidentifiable places and times. Sometimes this phenomenon seems to involve past lives, and other times it will involve seemingly mundane glimpses of the future.

You might, for example, find yourself landing in front of a suburban house. You might go inside and visit with strangers who will be just as perplexed as yourself. Alternatively, you might find yourself landing somewhere in the past, wandering about a strange town of yesteryear. The future precognitive aspect of such experiences only becomes clear in hindsight. Many projectors, including a number of authors on OBEs, have had astral wind experiences where they have seen places and people that have actually appeared in real life months or years later.

The astral wind phenomenon is usually only experienced by frequent projectors, simply because they spend more time out of body, but this can also happen to novices. Without some idea of what is happening, a novice could feel threatened. If this ever happens, please don’t panic. This experience is fascinating and will not harm you in any way.

Because of its powerful nature and its past and future content, the astral wind phenomenon appears to be related to the workings of life and universal consciousness at a very high level.

Astral Sight and Projection

Related to real-time sight, astral sight is the ability to see into the astral planes during altered trance states. This ability most commonly manifests just prior to the OBE exit and during episodes of waking paralysis. Often astral sight operates in conjunction with real-time sight, so that one might perceive a mixture of familiar objects along with elements of astral realms. With astral sight it is also possible to see spirit beings, including other projectors.

Astral sight is closely related to visual clairvoyance and thus depends largely on the presence of some degree of clairvoyant ability. If astral sight should engage while you're meditating, it's usually possible to experience a smooth shift into the astral planes. Like real-time sight, if you're "seeing" into the astral you can, with an act of will, shift to the location you perceive. Focus your awareness on something you can see and feel yourself as being there. This method is similar to the point shift OBE exit technique.

Developing Your Own Exit Techniques

While preparation for having an OBE is the same, the technique for actually triggering the projection reflex varies. Throughout Part 2 of this program you've been introduced to various exit techniques that essentially do the same thing: focus your complete attention and body awareness outside and away from your physical body.

Some of the techniques instructed you to perform specific activities (washing your awareness hands, climbing a rope, water-skiing, etc.) while others told you to remain passive and imagine the feeling of movement (sitting on top of a rocket, turning into steam, etc.).

You can develop your own exit techniques that are tailored to your personal experience. What can you most easily imagine that could be used to exteriorize your awareness outside your physical body? Perhaps you can imagine the feeling of being on a rollercoaster or shooting down a waterslide or climbing a tree or hanging washing on a line. Perhaps it's

walking a path that is so familiar to you that you can recreate every detail of it in your mind's eye. Perhaps it's using imaginary hands to peel potatoes, work with wood, tinker with an engine, or type at a keyboard.

Experiment with this and write down your results. Adjust and refine your techniques. Alternate them to keep your mind engaged. Whatever you come up with, it should be something that you can very easily imagine yourself doing in a tangible way. The more real and consuming you can make the mental fantasy and the more you can immerse yourself into it, the more effective it will be as an OBE technique.

Astral Transference: Mentally Projecting into the Astral

An alternative to astral projection is a method called *astral transference.* This involves using creative visualization to phase your consciousness into the astral. This does not involve an OBE exit and it has none of the typical OBE exit symptoms—no vibrations, rapid heart center, falling sensation, and so on.

Accounts of astral transference frequently appear in modern OBE literature. The quickest way to discriminate between astral transference and a true out-of-body experience is the subject's state of consciousness. If the person having the projection is not in a trance state or is able to verbalize what he or she is experiencing in the astral planes *while the experience is in progress,* this is astral transference and not, by strict definitions, an OBE.

Astral transference has its advantages and its limitations. The benefits include a high degree of control and stability and, in most cases, full experience recall. Beginners can have success with astral transference even the first time it is attempted, which adds motivation for further practice. If you have been consistently failing to induce an OBE exit, this is an excellent alternative.

Strictly speaking, astral transference is a type of mental projection. Because it does not involve leaving the body, it is best considered an out-of-mind experience. This has many similarities with WILDs (wake-induced lucid dreams) in that visualization is used to precipitate a shift into a subtle environment with no break in consciousness taking place.

The differences are that in a WILD the shift of consciousness into a subtle realm is instantaneous, whereas with astral transference the shift is gradual (although the speed of entry improves with practice). Also, the WILD environment is more solid and tangible than an astral transference type of environment. A WILD experience can be indistinguishable from real life, with full senses of gravity, heat, cold, smell, hearing, taste, pleasure, and pain, and the physical body feels normal. If, for example, you bite your finger or kick a brick during a WILD, it will hurt just like it would in real life; and if you eat a chocolate bar it tastes just as chocolatey as it would in real life. Generally speaking, you won't be able to fly in a WILD the way you would in an OBE.

To induce a WILD, one gets into a deeply relaxed state and then visualizes a familiar scenario—for example, a scene from a well-known shopping mall—and then tries to fall asleep. When the WILD begins, there are no sensations at all, just a sudden shift into the shopping mall with no break in consciousness. Imagine being blindfolded and fitted with earplugs and then taken in a wheelchair to an unknown location. Then, suddenly you stand up and the blindfold and earplugs are ripped off and you find yourself in the mall. This sudden transition is very much like the start of a WILD.

Because of the similarities between astral transference and a WILD, it is possible that astral transference is a type of consciously induced lucid dream—a *CILD,* if you like. WILD ability is rare, but the ability to lucid dream is fairly common. So it is possible that astral transference is another way to shift consciousness into the lucid dream environment. Yet the dividing line between lucid dream and astral environments is experientially indistinct. Lacking any OBE exit–related sensations, it is difficult to discern

one from the other with any surety. Astral transference may indeed involve the transfer of consciousness into the astral dimension. So this point is likely to remain open for experimentation and debate until further evidence comes to hand.

Astral transference can only be used for exploring the astral. It is not suitable for real-time OBEs or for transferring into the real-time zone during an experience. Astral transference can be done recreationally quite easily, but it requires a fairly decent level of concentration. Unskilled practitioners may find themselves in created or semicreated astral environments. These will vary in intensity and realism according to one's focus and concentration abilities. For full astral transference to take place where the experience can be truly likened to a fully conscious astral projection, one needs good creative visualization ability (good imagination).

Astral transference has great potential and merits much further exploration. Accordingly, we have included an astral transference sequence below. Like for OBEs, preparation includes relaxation, mind taming, and trance induction methods. Slight discomfort is not necessary as, strictly speaking, no projection is taking place. In certain circumstances it may hinder you in completely immersing yourself in the astral transference visualization process.

Once in a deeply relaxed state, it's simply a matter of following the creative visualization instructions given below. When you do this, try to make it as real as possible. Even more so than with OBE preparation, it is critical to shut out all links with waking reality. Leave all problems, worries, and distractions behind. Your entire reality needs to be focused on the visualization sequence.

This astral transference combines ancient technique with modern imagery. The visualization protocol simulates a visit to a shopping complex using stairs, escalators, and elevators to transcend analogous levels of the astral. The marketplace is a powerful structure within the collective

unconsciousness, and the shopping mall scenario particularly relates to the modern Western mind, making it easy to imagine in great detail.

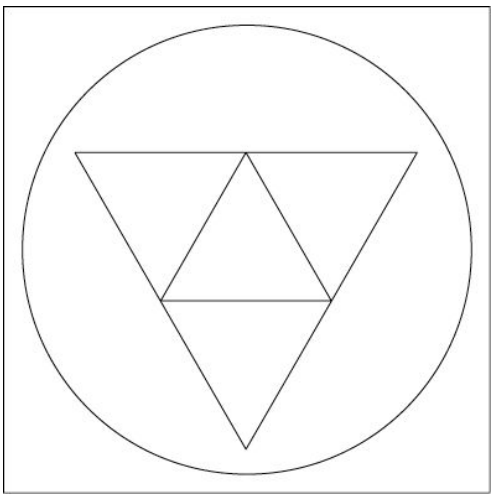


Figure 6. Astral transference symbol.

Take a while to memorize the symbol in Figure 6 for use with the final astral transference procedure. Additionally, an optional BrainWave Generator preset ("MAP Week 13: Astral Transference") has been provided for use with this sequence. It assumes a twenty-five-minute trance induction period before you begin the visualization procedure. When you hear three successive tones, begin creating the mental imagery. You will hear the tone change every three minutes as you ascend up through the mall, level by level.

It may take repeated use of this technique before you experience a full projectionlike astral transference. The key is to lose all awareness of your body and your place in the room and to put yourself completely inside the visualized environment. You might also consider synchronizing your astral transference episodes with a friend and comparing notes at a later time.

Astral Transference Sequence

Quiet is necessary for this exercise. Eliminate anything that might distract you or force you to become aware of your surroundings. Use deep breathing, relaxation, and trance-inducing imagery to get into a mind awake/body asleep state. As you progressively relax, try to detach from the

feeling of having a body. Relax your legs and then imagine that they have disappeared completely. They are so relaxed that you don't even feel them. Follow this procedure with the rest of your body, relaxing each part so completely that you no longer feel it, until you are but a sense of consciousness without a body.

Imagine you're walking through the doors of an immense shopping mall. As you enter you see a broad, shop-lined walk ebbing into the distance. The sounds of voices and footsteps from lively shoppers echo from the granite tile walkway. The crowd passes you in knots of teenagers, men and women carrying shopping bags, couples browsing at shop windows. There's a vague sense of excitement in the air, like the days preceding a holiday.

Along either side of the main walk you see bookstores, sporting goods stores, shoe shops, and novelty stores. There is an atrium above you, which allows you to view layers of shops on higher levels. Far overhead you can see a glass ceiling and, beyond it, blue sky dotted with soft white clouds.

Begin walking. Feel the granite tiles beneath your feet as you weave between the shoppers. There are large fountains running down the middle of the mall and, while the crowd noise is everywhere, you hear the faint sound of running water as you approach the nearest fountain. As you near it, you feel a gentle mist on your face and in the air you smell a faint scent of chlorine.

Next to the fountain is a stone bench on which lies a notebook and a pen. Sit beside the fountain, pick up the pen, and open the notebook. On the first page write down a problem you are currently having: an issue that's been distracting you or something that has been on your mind lately—but don't look too hard for something to write if nothing has been preoccupying you lately. If there is something bothering you, write down what it is, then rip the page out of the notebook and set the page on the surface of the fountain's water. As the paper touches the water, it becomes saturated and the ink begins to bleed and blur. The paper soon disintegrates and its

remnants are swept toward the whirlpool above the drain. The page disappears down the gurgler and is soon forgotten.

You can continue this for a while, writing things that are bothering you and feeding them to the fountain, a single problem per page. When nothing more comes to mind, stand and continue walking down the mall until you see a large escalator. Get on the escalator with the other shoppers and feel yourself moving upward until you reach the next level.

Like the main floor, this one is also crowded. Off to the side you can see a wide food court. The pale marble floor is packed with chairs and tables and along the walls are vendors offering different kinds of cuisine. You can smell the scents of various foods intermingled with the aroma of coffee. You hear the sounds of blenders and coffee machines cutting through the din of voices and the scrape of chairs as people sit. Spend a minute or two here before moving on to the escalator and heading up to the next level.

This level is full of clothing shops bordered with pillars and railings of silver and polished brass. You peer inside the shops as you pass and see patrons browsing, sorting though clothing racks, holding up items and posing before mirrors. You hear muffled music from unseen loudspeakers amongst shoppers' voices, the slight screech of hangers moving along racks, and cashier sounds as they ring up sales. The smell of perfume and leather and new clothes fills the air.

You follow the escalator up to the next floor. This level is quieter and slightly less crowded than the others and the background music is a little more recognizable. This level is well lit and lined with brick. The stores here are electronics shops filled with cell phones and televisions, computers and stereo equipment. You can smell the scent of new electronics, carpet, and hear the faint sounds of TV sets in the distance.

You take the escalator to the next level and this one is even less crowded. Feel the polished wood floor beneath you as you examine collections of housewares. There are tablecloths and placemats, appliances, pots and pans, plates and silverware, towels, and bathroom carpets. There are beds

arranged here boasting new sheets, quilts, and bedspreads. You smell furniture polish and fresh linen. Among the sparse crowd you see well-dressed salespeople scanning for needy customers.

You make your way up the escalator to the next level. Lined with potted palms, the sounds of your footsteps are swallowed by the heavy carpet. It is even quieter here. A few shoppers browse among fine crystal, gleaming silverware, and elegant china. There are jewelry and fine furniture here. Handwoven carpets hang along the walls next to oil paintings framed in gold and dark wood. What few shoppers you see move quietly among the displays and whisper to one another. There is a subdued energy here, like that of a museum.

Next, you see a wide stairway leading upward. You climb it until you reach the highest level, the level with the glass ceiling. You find yourself alone and it is very quiet. You walk to the edge of the atrium and look down to see the lower levels. The banister, walls, and ceiling of this level are made of steel-framed glass. You look outside to see a brilliant blue sky dotted with puffy white clouds.

You turn and move into a shallow hallway where you see a grand pair of elevator doors. The astral transference symbol hangs above them. On the doors themselves are large gold letters that say “Astral Planes.” Pressing the elevator call button, the doors part and you step inside a perfectly white elevator. The doors close and you press the top button that reads “Astral Planes.”

You feel the elevator accelerating upward. Feel the sensation in the center of your being as you rise higher and higher. Then, gradually, the elevator slows and stops. There is a pause and the doors open. You step out of the elevator and into the astral planes. There you can meet friends or loved ones who have passed away. Perhaps you just want to explore. Adventures await you everywhere. If you want to travel to a higher astral plane, get back into the elevator and press the big up arrow.

When you are finished, return to the elevator and press the down arrow. Feel yourself descending. After a time you hear muffled music and crowd noise. The elevator doors part and you find yourself back on the first floor of the mall, ready to wake up.

Make the above visualization as real and as concrete as possible. Leave all thoughts and feelings of your physical body behind you. Focus entirely on your current surroundings. The better your concentration and imagination skills, the better your experience will be.

Your memories of the experience are likely to be pretty vivid when you break trance, as no shadow memory download is involved. However, details of your experience will fade quickly, so write down your adventures in your notebook as soon as you can.

Optional: BrainWave Generator Preset "Week 13: Exit Training"

This week's light and sound preset has two phases.

The first phase lasts ten minutes and features two tones, one very high and one almost inaudible. The first tone lowers from an awake level to a mind awake/body asleep level, while the second tone remains at a mind awake/body asleep level.

The second phase lasts 110 minutes and features nine tones set at a broad range of frequencies; a single voice shifts binaurally at different levels to offer a constant undertone of movement. The deep audible tones have a profound effect on the energy body.

The visual frequency (if you are using light goggles) begins at an awake level and gradually lowers to a mind awake/body asleep level throughout the course of the first ten minutes. It remains at a mind awake/body asleep level thereafter.

Total preset duration is 120 minutes.

Additionally, an extra preset (“MAP Week 13: Astral Transference”) has been included for optional use with the astral transference sequence given above.

The astral transference preset has three phases.

Phase one lasts approximately twenty minutes. It is meant for use with the relaxation phase, where you disassociate completely from your physical body. Three tones signal you to move on to the next phase.

Phase two lasts approximately thirty minutes. The phase begins with the sound of running water symbolizing the fountain on the first floor of the mall. You have about eight minutes to linger here, casting your worries into the fountain, until three tones signal you to go up to the next floor. A dominant voice (the loudest) will give you the impression that you are ascending. From here onward you will have approximately three minutes to examine each level of the mall before the next tone signals you to ascend again. Once you arrive in the astral planes via the elevator, four more voices join the original six to form a crowned triad that enhances the audible richness of the program.

Phase three lasts about seventy minutes, which should give you more than enough time to explore the astral realms.

Preset duration is 120 minutes.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 13
DAILY PAGES

This week's exit techniques:

Bouncing ball method: This technique requires extra stimulation of the lower primary centers: base, navel, and solar plexus. After a few minutes of solar plexus stimulation, focus your awareness there. Imagine a ball of energy is forming and rising up out of your body. Now bounce this energy ball around the room.

Floating turn exit technique: With body awareness, feel your arms and legs floating slightly outside your physical body. Now, imagine that your arms and legs move till they are all pointing ninety degrees to your right. Then feel your whole-body awareness joining them so that your imaginary body is facing perpendicular to your physical body (if you were to see both bodies at once from overhead they would form the shape of a cross). When you feel vertigo sensations, begin using the roll-out method. Take your time.

Corner-fingering method: Feel your body awareness arms floating free and extending out behind your body, reaching up to the right and left corners of your room near the ceiling. Feel your fingers digging deep into the room's corners and getting a grip. Now either hold this position or pull with your awareness arms until you trigger the projection reflex.

DAY 85

OBE Exit Training: Bouncing Ball Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Bouncing ball (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Bouncing Ball Method (20 Minutes)

1. If you have not already done so, stimulate your lower primary centers—base, navel, and solar plexus—for several minutes. Then continue sweeping energy up through them to your solar plexus center.

2. Focus your awareness completely on your solar plexus. Center the core of your being there and feel the energy accumulating therein. With your imagination, try to see a bright yellow ball of energy forming.

3. After a few minutes, imagine that your solar plexus is a living, pulsing ball of bright yellow energy. Center all your attention on this ball and imagine it moving slowly out of your body. Move it halfway out and hold it there, then move it back inside you again.

4. Imagine and feel this pulsing ball of energy moving in and out of your solar plexus. Move it out a little farther each time.

5. When you feel comfortable with holding the ball of energy out of your body, imagine it moving around the room. Bounce it off the walls and ceiling and back to yourself. Bounce it up and down and along the ground. Keep it moving at all times. Follow its progress with your awareness as you bounce it about the room, down the hallway, outside your room, out in the garden or street, and so on, getting farther and farther away from your

physical body all the time. Truly center your being with the ball; imagine that you are leaving your body behind with each bounce.

Daily Tips

Robert: The bouncing ball method combines several OBE exit–related methods. This is excellent for people who have problems with more controlled body awareness hand and arm actions. It does not matter where the bouncing ball goes or how it bounces or twists and turns about the room, as long as it is kept moving. It helps if you stop every few minutes and raise more energy to your solar plexus center and then start again.

Brian: The key with this method is to associate the core of your being with your solar plexus center. Take your time activating your solar plexus center and focus on it completely. Follow the ball with your awareness when you bounce it out of your body. Become one with the bouncing ball and let your consciousness go with it wherever it goes.

Your Program Notes/Observations

DAY 86

OBE Exit Training: Bouncing Ball Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Bouncing ball (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (30 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Bouncing Ball Method (20 Minutes)

1. If you have not already done so, stimulate your lower primary centers—base, navel, and solar plexus—for several minutes. Then continue sweeping energy up through them to your solar plexus center.

2. Focus your awareness completely on your solar plexus. Center the core of your being there and feel the energy accumulating therein. With your imagination, try to see a bright yellow ball of energy forming.

3. After a few minutes, imagine that your solar plexus is a living, pulsing ball of bright yellow energy. Center all your attention on this ball and imagine it moving slowly out of your body. Move it halfway out and hold it there, then move it back inside you again.

4. Imagine and feel this pulsing ball of energy moving in and out of your solar plexus. Move it out a little farther each time.

5. When you feel comfortable with holding the ball of energy out of your body, imagine it moving around the room. Bounce it off the walls and ceiling and back to yourself. Bounce it up and down and along the ground. Keep it moving at all times. Follow its progress with your awareness as you bounce it about the room, down the hallway, outside your room, out in the garden or street, and so on, getting farther and farther away from your

physical body all the time. Truly center your being with the ball; imagine that you are leaving your body behind with each bounce.

Daily Tips

Robert: Try to feel and see that you are the ball as it bounces off things, as if you were really there. This works best when you bounce off things that you can imagine well. Once you get the hang of the action, bounce the ball outside your room—say, off the wall of another room, off a garden fence, or off a house across the street. As you bounce off these things, just for a moment imagine a flash image of yourself being there.

Brian: One of the effects of the bouncing ball method, if done shortly before bedtime, is a pronounced tendency to feel yourself falling and jerking awake when on the edge of sleep. This is especially true if you sleep on your back. If you pay keen attention when this is happening, you'll notice that this sense of falling seems to be rooted in the solar plexus center. To take advantage of this phenomenon, try deliberately sleeping on your back after performing this technique. Systematically relax your body, hold your mind clear, and concentrate on your breathing and the feeling that you are floating there at the center of your body. Now allow yourself to fall asleep. If your mind begins to wander, let go of the intrusive thoughts and direct your attention back to your breathing and the feeling of floating. Often you'll notice nonsensical thoughts or hypnogogic imagery pressing against your quiet mind. Allow this to happen, clinging to lucidity by playing the detached observer for as long as you can.

Your Program Notes/Observations

DAY 87

OBE Exit Training: Floating Turn Exit Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Floating turn exit (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (30 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Floating Turn Exit Technique (20 Minutes)

Don't move any part of your physical body with this method—body awareness actions only.

1. With body awareness, feel your left leg and foot becoming weightless. Feel them rise out of your body and hover just outside. Hold that for a minute until you get used to the feeling. Next, repeat this with your right leg and foot. Now feel both legs floating free and hold on to this feeling for a minute or so, then relax. Repeat this with your arms and hands; first one arm and then the other and then both together. Hold them out for a while and then relax.

2. Repeat the above process—lifting your left leg out and then your right, then your left arm and then your right—until you are holding all four limbs slightly out of your body simultaneously. Focus on how this feels. Hold them out for a few minutes to get used to the feeling, then relax.

3. Repeat the above so all your limbs are held slightly outside your body. Now imagine your floating legs are pointed ninety degrees to your right. Hold this position in your mind's eye for a minute before moving on to the next step.

4. Now, with your legs still directed to the wall at your right, imagine your floating arms are also pointing ninety degrees to your right. Spend a minute

or so holding this body awareness position, feeling it as strongly as you can, before imagining your body turned in the same direction in line with your arms and legs.

5. Next feel yourself rolling to the right with your whole-body awareness. This is similar to the roll-out method, but with the addition of the new arm and leg body awareness position. Continue this for a minute or so before repeating the above exercise, directing all your body awareness actions and roll-out movements to the left instead of the right.

Daily Tips

Robert: The float-and-turn method is a bit tricky, but it has a remarkably strong effect on the energy body when you get it right. Using this, you will quickly feel a strong sense of inner motion. This is a good sign that the projection reflex is under a lot of pressure. Combined with the roll-out technique this is a very effective OBE exit method.

Brian: Don’t become overly concerned with making the visualization of the final ninety-degree shift perfect. Just let it come naturally. It is most important to get a sense that your energy body and physical body are out of phase with one another. This can provoke the vibrations or give you the sense that your energy body is bucking and lurching inside itself. This is a signal to then attempt the roll out.

Your Program Notes/Observations

DAY 88

OBE Exit Training: Floating Turn Exit Technique

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Floating turn exit (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (30 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Floating Turn Exit Technique (20 Minutes)

Don't move any part of your physical body with this method—body awareness actions only.

1. With body awareness, feel your left leg and foot becoming weightless. Feel them rise out of your body and hover just outside. Hold that for a minute until you get used to the feeling. Next, repeat this with your right leg and foot. Now feel both legs floating free and hold on to this feeling for a minute or so, then relax. Repeat this with your arms and hands; first one arm and then the other and then both together. Hold them out for a while and then relax.

2. Repeat the above process lifting your left leg out and then your right, then your left arm and then your right—until you are holding all four limbs slightly out of your body simultaneously. Focus on how this feels. Hold them out for a few minutes to get used to the feeling, then relax.

3. Repeat the above so all your limbs are held slightly outside your body. Now imagine your floating legs are pointed ninety degrees to your right. Hold this position in your mind's eye for a minute before moving on to the next step.

4. Now, with your legs still directed to the wall at your right, imagine your floating arms are also pointing ninety degrees to your right. Spend a minute

or so holding this body awareness position, feeling it as strongly as you can, before imagining your body turned in the same direction in line with your arms and legs.

5. Next feel yourself rolling to the right with your whole-body awareness. This is similar to the roll-out method, but with the addition of the new arm and leg body awareness position. Continue this for a minute or so before repeating the above exercise, directing all your body awareness actions and roll-out movements to the left instead of the right.

Daily Tips

Robert: With the float-and-turn method, if you have problems holding all four limbs outside your body, practice holding them out one at a time, then two at a time, and so on, until you become more adept at holding this body awareness position. Alternatively, hold only your legs out at ninety degrees (or both arms) and combine this with the rolling-out action. Experiment and discover what is most effective for you. This method is well worth persevering with, so take your time and practice until you get it right. You'll know when this happens, as you will feel a stronger sense of vertigolike inner motion.

Brian: As the formal part of this ninety-day program winds down, consider devoting a larger portion of your nights in bed to honing a single skill. For example, postulate that all night while you are awake in bed you will practice your breathing or the brow center trigger or energy raising or meditation or energy body stimulation. Trade off skills from night to night, using this time to focus on one primary skill. I've read dozens of case histories of successful first conscious-exit projections when someone wasn't necessarily trying to have an OBE but rather was just practicing one skill in bed for a long period of time.

Your Program Notes/Observations

DAY 89

OBE Exit Training: Corner-Fingering Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Corner fingering (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Corner-Fingering Method (20 Minutes)

1. Imagine that your right arm and hand are lifting out of your body and reaching upward to the ceiling above and behind you. Reach all the way back to the upper corner of the room behind your right shoulder where the walls meet the corner of the ceiling.

2. Feel your arm stretch back until your imaginary hand is pressed into the ceiling corner. Feel your imaginary hand and fingers burrowing into the corner, digging into the dry and gritty sheetrock, plaster, and wood. Feel this texture against your fingers and nails as you dig them into this material. Imagine this sensation as realistically as you can.

3. Continue holding your right imaginary hand in position and now reach your left imaginary hand back to the left corner of the ceiling. Dig your left hand and fingers into the material of the corner and imagine and feel this sensation as intensely as you can. Continue to imagine and feel both hands simultaneously burrowing into the corners.

4. There are two ways to continue from the above point. The first is to just continue holding your awareness hands in this position, feeling and imagining your fingers burrowing into the corners. The second is to pull on first one awareness arm, then the other, and then with both arms, alternating between these actions. Experiment and do what works best for you.

Daily Tips

Robert: The corner-fingering method seems difficult but is actually quite easy to do. The trick is to keep your fingers moving and to keep imagining what the corner material feels like. If your awareness hands slip or wander and lose contact with the corners, keep pushing them back into place. Keep your awareness fingers moving and digging and feeling at all times.

Brian: Imagining your fingers moving into the corners of the walls is only one variation on the idea that your arms are growing and moving through the walls, the ceiling, or the floor. You can just as well imagine that one hand is moving through the floor while the other is moving through the nightstand. If you can split awareness and keep both hands active simultaneously, all the better.

Your Program Notes/Observations

DAY 90

OBE Exit Training: Corner-Fingering Method

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Corner fingering (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Corner-Fingering Method (20 Minutes)

1. Imagine that your right arm and hand are lifting out of your body and reaching upward to the ceiling above and behind you. Reach all the way back to the upper corner of the room behind your right shoulder where the walls meet the corner of the ceiling.

2. Feel your arm stretch back until your imaginary hand is pressed into the ceiling corner. Feel your imaginary hand and fingers burrowing into the corner, digging into the dry and gritty sheetrock, plaster, and wood. Feel this texture against your fingers and nails as you dig them into this material. Imagine this sensation as realistically as you can.

3. Continue holding your right imaginary hand in position and now reach your left imaginary hand back to the left corner of the ceiling. Dig your left hand and fingers into the material of the corner and imagine and feel this sensation as intensely as you can. Continue to imagine and feel both hands simultaneously burrowing into the corners.

4. There are two ways to continue from the above point. The first is to just continue holding your awareness hands in this position, feeling and imagining your fingers burrowing into the corners. The second is to pull on first one awareness arm, then the other, and then with both arms, alternating between these actions. Experiment and do what works best for you.

Daily Tips

Robert: The awareness actions of the corner-fingering method can be varied. For example, if you have trouble reaching your imaginary hands behind you, reach for the ceiling corners in front of you. You can also use only one imaginary hand if you have trouble splitting awareness. Or you can have one hand in a corner behind you and one hand in a corner in front of you. You can even cross your imaginary arms. Another alternative is to dig your imaginary hands into the wall or ceiling before you and have them climb the wall, hand over hand, then across the ceiling, and so on—experiment.

Brian: One of the first times I felt the vibrations they started in my right leg while I was raising energy. They were so amazingly strong that I was distracted and centered my awareness on my leg, which made the vibrations dim. When I continued to raise energy, they returned just as strong, the way a bellows will prime a fire. This had been an unusual practice session. It was later at night than usual and I was quite tired; too tired, in fact, to even try making a projection attempt without drifting off to sleep. Unwilling to lose the vibrations, I continued to raise energy. The next practice session I was unable to coax them back as strongly as before. I've noticed since then that vibrations usually begin in my right leg. Note where the vibrations or energy movements of any kind begin for you. Does this distract you or can you still focus on the exercise? Do the vibrations grow stronger when you focus on them or do they fade? Observe! And don't forget to put your findings in your journal.

Your Program Notes/Observations

DAY 91

OBE Exit Training: Corner-Fingering Method

Date: _____

ASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	OBE walk-through
	Optional: Week 13 BrainWave Generator
	Relaxation: Whole body (5 min.)
	OBE breath technique (5 min.)
	Energy body prestimulation (5 min.)
	Optional: Energy raising (5 min.)
	Optional: Primary center stimulation (15 min.)
	Trance with third-eye trigger practice (15 min.)
	Body loosening (5 min.)
	OBE exit technique: Corner fingering (20 min.)
	Write program notes/observations
NIGHT	*Optional:* Read supplemental OBE material
	Optional: Energy raising: Full-body circuit (10 min.)
	Recite nightly affirmations
	Optional: Listen to sleep programming recording

AFFIRMATIONS

MORNING	I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
EVENING	I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen, and remember.

Estimated energy work time: 55 minutes

OBE Preparation Process (35–50 Minutes)

Take a minute to walk through your planned OBE before using the relaxation technique (5 minutes). If you are using the BrainWave Generator, begin listening to this week's preset as you relax. Complete the OBE breathing technique (5 minutes). Prestimulate your feet, legs, hands, and arms (5 minutes). Raise energy using the full-body circuit (5 minutes) and/or stimulate your primary centers (15 minutes). Quiet your mind, practice the third-eye trigger, and use a trance induction method (15 minutes). Practice your favorite body-loosening technique (5 minutes) and move on to OBE exit practice.

OBE Exit Technique: Corner-Fingering Method (20 Minutes)

1. Imagine that your right arm and hand are lifting out of your body and reaching upward to the ceiling above and behind you. Reach all the way back to the upper corner of the room behind your right shoulder, where the walls meet the corner of the ceiling.

2. Feel your arm stretch back until your imaginary hand is pressed into the ceiling corner. Feel your imaginary hand and fingers burrowing into the corner, digging into the dry and gritty sheetrock, plaster, and wood. Feel this texture against your fingers and nails as you dig them into this material. Imagine this sensation as realistically as you can.

3. Continue holding your right imaginary hand in position and now reach your left imaginary hand back to the left corner of the ceiling. Dig your left hand and fingers into the material of the corner and imagine and feel this sensation as intensely as you can. Continue to imagine and feel both hands simultaneously burrowing into the corners.

4. There are two ways to continue from the above point. The first is to just continue holding your awareness hands in this position, feeling and imagining your fingers burrowing into the corners. The second is to pull on first one awareness arm, then the other, and then with both arms, alternating between these actions. Experiment and do what works best for you.

Daily Tips

Robert: The roll-out method is a great addition to the corner-fingering method. To do this, hold your imaginary hands in position digging into the corners, then feel yourself rolling to one side and then rolling to the other. When you feel yourself rolling, also try to pull on the awareness hand of that side, as if you are using it to help you roll over. This is like trying to wriggle out of your body with a side-to-side pulling-and-rolling action.

Brian: Now that you've completed this program, chances are you've had a number of successes, even if they weren't what you expected at the start. I found it extremely motivating to list all my successes in a single document where they could be read one after another. Sometimes it is easy to dismiss OBE successes when they are mixed in with a glut of less-than-positive results. OBE memories are like dreams and they will quickly fade unless you write them down and read them later. When they are all in one place you can say, "Well, I had this success and this success and this success; there might be something to this after all." Keep the list in your OBE practice area and read it whenever you get discouraged. Do not give up!

Your Program Notes/Observations

Where Do I Go from Here?

Now that the ninety-day OBE program has come to a close, there are several ways to proceed if you're interested in continuing to hone your OBE skills. If you've enjoyed the structure of the past thirteen weeks, there's nothing to stop you from continuing it or even repeating the program. If you're interested in a more uninhibited approach, now is the chance to use your imagination to create a standard routine that suits your lifestyle. Whatever you decide, there are a few key areas on which to focus that provide beneficial results with long-term practice.

Energy Work

Continue to practice energy work whenever you meditate or make OBE attempts, including energy bounce work and secondary energy body and primary center stimulation. This will have long-term effects of developing and strengthening your ability to manipulate and control your personal energy, as well as cultivating dormant psychic abilities. It will also make it easier to handle the kind of energy movement it takes to exteriorize your projectable double. In addition, work on the technique of raising and storing energy while going about your daily routine. The more energy you raise, the more you will have available for memorable, high-quality OBEs. An increased vital energy level also has a strong self-healing side effect, as this boosts your immune system.

Trance Meditation

If you can master the mind awake/body asleep state, you have arrived at a significant milestone. The practice of daily trance meditation using slight discomfort is key to entering the perfect state from which the conscious OBE exit becomes possible. Focus individually on deep physical relaxation, breathing, clearing your mind, and trance induction techniques. Learn to balance yourself on the edge of the sleep state without slipping over the brink. Even if you only practice fifteen minutes of trance meditation a day,

this will steadily improve your abilities. This will also help reprogram your brain so you will steadily become calmer, better balanced, and more whole. Your skills will progress with the time you invest. In time you will be able to induce a trance state very quickly and easily in almost any circumstance, even while standing and walking.

Exit Training

The ninety-day program has exposed you to many different OBE exit techniques. Now you can focus on what has worked best for you. Alternate the methods you like most, but also experiment and make up your own techniques. Most importantly, don't become so focused on the fundamentals of trance and energy work that you neglect OBE exit practice.

Shadow Memory Recall Skills

If you are persistent in your efforts, your dream and OBE memory-recall ability will steadily improve so that eventually no dream or OBE experience will escape you. The more you focus on dreams, the more the line between dreaming and waking blurs. With this comes the ability to manipulate the dream state to induce lucid dreams and to operate in the out-of-body state. Dreams can be an incredible personal learning tool and the more you focus on them the more this avenue of knowledge will open to you.

Continue to use your dream notepad and to transfer interesting dreams into your dream journal. Make this a lifelong habit. Learn ways to wake up and capture powerful dreams in the middle of the night as well as those had just before waking. You will be rewarded for your long-term efforts. Additional ideas for making a more elaborate dream journal are included in Appendix C.

For more information on energy body stimulation techniques, OBEs, and similar topics, visit www.astraldynamics.com. The site is loaded with articles, tutorials, links, and web forums dealing with all kinds of spiritual, metaphysical, and OBE-related subjects.

Afterword

No Endpoint

There comes a point in each individual's spiritual evolution where one reaches beyond the borders of what can be seen and touched, where one grasps for something infinite. By picking up this book and practicing meditation, energy work, and conscious-exit OBE techniques, you've taken your first concrete steps toward a destination that has no concrete endpoint.

This book is intended to teach conscious-exit projection during the course of a ninety-day program. Hopefully, sometime in these past three months you've had a chance to realize consciousness beyond the body for at least a little while and come to understand something more about the nature of who and what you really are.

If you haven't yet experienced a wake-induced OBE, I hope you've remembered something of your spontaneous exits or, at the very least, that you've experienced something that has expanded your pool of knowns and givens beyond mere belief. All along the idea was to teach conscious-exit projection in ninety days, but the act of truly *mastering* astral projection takes a lifetime commitment. Don't give up now. This is only the beginning, the apprenticeship to mastery.

By definition the infinite has no endpoint and neither should your journey toward it. Stay committed and enthusiastic. If you've stepped methodically through every day of this program, you clearly want it badly enough. By now you should be able to taste success. The important thing is to continue trying. Think of any skill that you have mastered. Remember how difficult it was when you first started learning it. Like any skill, if you do it long and consistently enough, you will one day most certainly meet with success.

A Parting Shot

The creation of this book has been quite the journey, to say the least. I sincerely hope that you have enjoyed working through it with us—also that you succeeded in having some memorable and exciting out-of-body experiences. Just having one fully conscious projection exit makes this program worth all the time and effort. This is a dramatic and life-changing experience! Your beliefs are changed forever once the reality of OBEs shifts from the realm of the unknown into that of personal experience. If this is the case, then you have done well and I am proud of you.

If the above is not the case, please do not give up. Think about what you have gained by working through the program. Take stock for a moment and you will realize that you have gained valuable skills that you did not have before. Take heart that you now have a workable understanding of all aspects of inducing an out-of-body experience, plus experience with at least some OBE-related phenomena. You also have a solid grasp of your own projection-related strengths and weaknesses. All of this gives you something tangible to work with and improve upon in the future.

No matter what people say to the contrary, learning how to induce a conscious OBE exit is not an easy thing for most people to do. Some people have natural ability and seem to get out of their bodies with minimal fuss and effort. Others may have to repeat this program a number of times before they succeed. It is difficult to tell just what one's level of natural projection ability is until one has made the effort to work through the program. So many variables are involved. This can be likened to having unknown artistic or singing talent in that your level of natural ability in these areas will always remain a mystery until you actually try to paint or to sing.

You may or may not have succeeded at projecting in any significant way, but at least you should have experienced some projection-related sensations or phenomena like energy movement, astral sight, bi-location, flying, and

lucid dreams. I hope these experiences inspire you to keep working toward your ultimate goal to have a fully conscious out-of-body experience. For most people, mastering the skills required to induce an OBE will take time and effort. Those who persevere will eventually succeed.

One side benefit of working through this program is worth considering: you now know your true self a little better than you did before you started. The energy work alone offers enough personal experience to suggest that there is a lot more to you as a living being than just flesh and blood and bone. You are also a spirit with an amazing energy body, which has enormous potential for personal growth and development. This opens your mind to some exciting spiritual possibilities, including the existence of spiritual life outside the gross physical universe and the continuation and evolution of spiritual life beyond the grave. The more out-of-body experiences you have, the more real all these possibilities become.

Welcome to the greater reality of the spiritual universe. Mastering astral projection is well worth the effort!

ROBERT BRUCE

APPENDIX

APPENDIX A

Suggested Supplemental Reading List

The suggested reading list has been divided into recent and classic OBE literature. In general, we have tried to include books with ample case histories. Reading these helps program the subconscious mind to induce spontaneous OBEs, especially when read just before sleep. We have also tried to include only books that are currently in print. Check your secondhand bookstores for other titles not listed here. We have also included two books on fasting for beginners.

Recent OBE Books

Blackmore, Susan. *Beyond the Body: An Investigation of Out-of-the-Body Experiences.* Chicago: Academy Chicago Publishing, 1989. An academic approach to OBE, this book begins with the author's personal out-of-body experiences and continues with a comprehensive history of the phenomenon.

Bruce, Robert. *Astral Dynamics: A NEW Approach to Out-of-Body Experience.* Charlotte, VA: Hampton Roads, 1999. More than just an OBE how-to, this is both a practical manual and a theoretical perspective. At 560 pages, this modern classic offers profound and detailed insight into the astral planes, including their nature and structure, astral wildlife, spirit beings, and astral phenomenon.

———. *Practical Psychic Self-Defense: Understanding and Surviving Unseen Influences.* Charlotte, VA: Hampton Roads, 2002. This guide offers sound, experience-based advice and a range of practical countermeasures against the most common types of psychic attack. The methods given in this book are designed for use by the average person with no metaphysical background, skills, or abilities. This book is included here as it deals in part with OBEs and offers help for spiritually troubled projectors.

Leland, Kirk. *Otherwhere: A Field Guide to Nonphysical Reality for the Out-of-Body Traveler.* Charlotte, VA: Hampton Roads, 2001. The author provides a fascinating tour of the astral planes and the creatures therein. A lot of good examples of astral transference (sometimes called *phasing*).

Monroe, Robert. *Journeys out of the Body.* New York: Doubleday & Company, Inc., 1973. The first of three books about his out-of-body experiences, this is the easiest to read and the one with the most personal accounts. First published in the early ’70s, this landmark book on OBEs was touted for its logical and analytical approach to the subject.

Ophiel. *Art and Practice of Astral Projection.* York Beach, ME: Red Wheel/Weiser, 1974. This thin but meaty book on astral travel includes three methods of learning OBE: the dream method, the body of light method, and the symbol method, with some discussion of the nature of the astral planes.

Novak, Peter. *The Lost Secret of Death: Our Divided Souls and the Afterlife.* Charlotte, VA: Hampton Roads, 2003. This book has some content on OBEs, but is more about the dual nature of the soul. Novak’s binary soul doctrine (BSD) offers keen insight into understanding the nature of the OBE mind-split effect, the subconscious mind, and higher self. It contains a lot of near-death experience case histories. Fascinating reading!

Peterson, Robert. *Out-of-Body Experiences: How to Have Them and What to Expect.* Charlotte, VA: Hampton Roads, 1997. This is an excellent account of one man's quest to have an out-of-body experience and his subsequent OBE adventures.

Ring, Kenneth, and Sharon Cooper. *Mindsight: Near-Death and Out-of-Body Experiences in the Blind.* Palo Alto, CA: Institute for Transpersonal Psychology, 1999. This book is full of interviews of blind individuals who could see during near-death and out-of-body experiences.

Rogo, D. Scott. *Leaving the Body: A Complete Guide to Astral Projection.* Englewood Cliffs, NJ: Prentice-Hall, 1983. One of the few "how-to" manuals included on this list, the author summarizes eight projection techniques from numerous well-respected sources. It includes the method that he himself used to learn to project.

Slate, Joe. *Astral Projection and Psychic Empowerment: Techniques for Mastering the Out-of-Body Experience.* St. Paul, MN: Llewellyn Publications, 1989. Here the author explores the OBE, its use for spiritual growth and potential, and its connection to other paranormal phenomena.

Taylor, Albert. *Soul Traveler: A Guide to Out-of-Body Experiences and the Wonders Beyond.* New York: New American Library Book, 1996. Written by a former NASA aeronautical engineer, this short but compelling book is full of first-person accounts of the author's OBEs.

Tart, Charles T. *Altered States of Consciousness.* New York: Doubleday & Company, Inc., 1972. This serious study on altered states of consciousness includes the effects of meditation, hypnosis, yoga, drugs, and such phenomena on lucid dreams and out-of-body experiences.

Wilson, Terrill. *How I Learned Soul Travel: The True Experiences of a Student in Eckankar, the Ancient Science of Soul Travel.* Crystal, MN: Illuminated Way Publishing, 1990. This book is a first-person account of the author's pursuit to have out-of-body experiences. This is a

phenomenally good book at demonstrating the difficulties and pitfalls of learning astral travel and how, through persistence, one might eventually succeed.

Classic OBE Literature

Crookall, Robert. *Study and Practice of Astral Projection: The Definitive Survey on Out-of-the-Body Experiences.* Secaucus, NJ: Citadel Press, 1960. In the 1960s Robert Crookall and Celia Green gathered survey and case file data associated with OBEs. Over 150 of their case files appear in this narrative.

Fox, Oliver. *Astral Projection: A Record of Out-of-the-Body Experiences.* 1929. Reprint, Secaucus, NJ: Citadel Press, 1962. Written by Hugh G. Calloway under the pseudonym Oliver Fox in 1929, this first-person account is full of the author's personal out-of-body adventures.

Muldoon, Sylvan, and Hereward Carrington. *Projection of the Astral Body.* 1929. Reprint, York Beach, ME: Red Wheel/Weiser, 1974. First published in 1929, Hereward Carrington, a notable British psychical researcher, and Sylvan Muldoon, an experienced astral traveler, collaborate in this early treatise on OBEs.

Powell, Arthur E. *The Astral Body and Other Astral Phenomena.* Wheaton, IL: Theosophical Publishing House, 1927. Like many of the books of its kind published in the late 1920s, this book has its roots in the Theosophical Society. This is less a book with case files and more an informational guide that includes a condensed version of the Theosophical concepts associated with astral travel.

YRAM. *Practical Astral Projection.* 1969. Reprint, Whitefish, MT: Kessinger Publishing Company, 2003. YRAM is the pen name for the French projector Marcel Louis Forhan, who conducted hundreds of

personal out-of-body experiments in the real-time zone and astral planes. Full of personal accounts and techniques; a classic.

Fasting

Adamson, Eve, Linda Horning, and Alison Shore Gaines. *The Complete Idiot's Guide to Fasting.* Indianapolis, IN: Alaph Books, 2002.

Meyerowitz, Steve, and Beth Robbins. *Juice Fasting and Detoxification: Use the Healing Power of Fresh Juice to Feel Young and Look Great: The Fastest Way to Restore Your Health.* Great Barrington, MA: Sproutman Publications, 1999.

APPENDIX B

BrainWave Generator Installation Guide and Tips

Included with the CD that accompanies this book is a computer program called the BrainWave Generator. The BrainWave Generator works with your personal computer to generate sound that helps produce an altered state of consciousness for the listener. The program requires the Windows operating system (Windows 95 or above), a sound card, and stereo headphones.

The technology works in the following way: brainwaves are attributed to electrical activity in the brain, which can be measured with an electroencephalogram (EEG) when electrodes are placed on the scalp. The dominant brainwave frequency is said to be the current state of brain activity or one's state of consciousness. States of consciousness have been classified into various categories: beta (normal, waking consciousness), alpha (meditative state), theta (light sleep), and delta (deep sleep). The theory behind the BrainWave Generator is that by introducing external stimuli (sound) one can affect brainwave patterns, thereby decreasing the amount of time it takes to get into an altered state of consciousness. (For detailed information on how the BrainWave Generator technology works, reference the "Help" files included with the BrainWave Generator program or visit www.bwgen.com.)

The BrainWave Generator can also be used with light and sound machines that support AudioStrobe technology. Light and sound machines, such as the Orion, the Proteus, or the Innerpulse, look like portable music players

with sockets to plug in headphones and special light goggles. When used with the BrainWave Generator's AudioStrobe technology, the light goggles flash in a way that further assists in inducing an altered state of consciousness. For more information on the BrainWave Generator's AudioStrobe function, reference the program's "Help" files and the instructions that came with your sound and light machine.

When used with sound and light machines, the BrainWave Generator uses flashes of high frequency light for external visual stimulation of the brain. For this reason the following people should not use the BrainWave Generator: people subject to any form of seizures or epilepsy, people using pacemakers, people suffering from cardiac arrhythmia or other heart disorders, and people taking stimulants, psychoactive drugs, or tranquilizers. If you fall into any of these categories, do not use the BrainWave Generator.

The BrainWave Generator is a fully functional shareware program that includes all the presets necessary for following the ninety-day *Mastering Astral Projection* program. Registering the program is not required. However, advantages of program registration include no longer having to see the "Evaluation Copy" dialogue box at start-up. Registered users can also import presets from an existing library available free at www.bwgen.com. If you are interested in registering your copy of the BrainWave Generator, follow the instructions on the "Evaluation Copy" dialogue box when first starting up the program.

Installation

1. Insert the CD that came with this book into the CD-ROM drive of your personal computer. (If you don't have the CD or a CD-ROM drive, you can download a copy of the customized *Mastering Astral Projection* version of the BrainWave Generator from www.astraldynamics.com.)

2. Navigate to the "BrainWave Generator" folder and double-click the "Setup" icon.

3. The installation program wizard begins. Click the words “Install BrainWave Generator 3.1”.

4. When the installation wizard starts, click the “Next” button. A message will come up asking you to accept the license agreement. Click on the “Yes” button.

5. The installation wizard asks you where you want to install the program. Use the default directory or choose an alternate location and click the “Next” button.

6. The program will inform you that the installation is complete. Click the “Finish” button to start the program. (In the future you can open the program from the “Start” menu.)

7. The first time the program opens it invokes the configuration wizard. (You can also open the configuration wizard from the “Options” menu.) You will need to plug in headphones for this step. The configuration wizard allows you to test the stereo orientation, test the right and left channels, set the sample rate, and turn the AudioStrobe function on or off. Follow the instructions as they appear on the screen.

To operate the BrainWave Generator, set up your headphones and choose the desired preset from the drop-down menu. Press the play button (the button with the little triangle) and the stop button (the button with the little square) to start and stop the preset. Use your PC’s volume controls to adjust the level of sound output.

Tips

- The BrainWave Generator’s presets are progressive in nature (i.e., they change while you use them, even if the changes are not obvious). For this reason you should only start playing the presets when you are ready to begin your energy work or trance session.
- Always use headphones. Simply listening through PC speakers will have no effect whatsoever.

• The presets do not have to be loud to be effective. Somewhere between barely audible to comfortable will work best. In general, you don't want the program to be so loud that it is distracting or this may prevent you from entering the body asleep/mind awake state.

• If you find yourself falling asleep while using the program, consider changing to a sitting position in a hard-backed chair with no neck support. The slight discomfort of this position will prevent you from falling asleep.

• The presets tend to be most effective the first few times they are used. Take advantage of this by only listening to the presets when you are doing the exercises in the *Mastering Astral Projection* program.

• Information about each week's presets are given at the end of each week's chapter before the daily pages. For more information on the presets themselves, choose "Preset Options . . ." from the "Wave" menu within the BrainWave Generator itself and read the description information.

• If you are not using a light and sound machine with the BrainWave Generator, you should turn off the AudioStrobe function. Make sure the "No Visual Effects" menu item is checked in the "Options" menu.

• When using light goggles, always keep your eyes closed, as the strobe light is designed to penetrate eyelids.

• Never listen to any of these programs while driving or operating equipment, as the programs have a tendency to make you drowsy.

Audio Tapes and CDs

Sound recording aids (CDs and tapes) are also available that can help induce relaxation and altered states of consciousness. These aids range from simple led meditations using voice and music to induce relaxation, to more sophisticated recordings utilizing binaural beats and rhythms (much like the BrainWave Generator) to help induce altered states. Some of these recordings are simple, repeating continuous tones to tap specific mind

states. Others have vocal guidance, inductions, and belief builders, as well as voice modulations and background noises that complement each other.

If you have a particular recording or series of recordings that you prefer, feel free to integrate it into the program. Again, we must stress that the audio tapes and CDs, the BrainWave Generator and/or light and sound machines, are not necessary for the *Mastering Astral Projection* program to be effective. They are supplemental tools; optional extras.

APPENDIX C

Dream Journal Template and Instructions

Date: *Use the date from the night you went to sleep.* Page no.:

Dream title: *Title your dream for easy reference later.*

Dream key words: *Transfer your dream key words from your dream notepad here.*

Full dream experience: *Write the dream here in first-person present tense (e.g., "I am walking down a long hallway.").*

Players and connections: *List the people in your dream and how they are connected (e.g., all of them are schoolmates, family, workmates, etc.).*

Event sequence: *Insert a short version of the key dream events in chronological order (e.g., "#1 Opened door. #2 Explored garden. #3 . . .").*

Symbols, symbolic actions, and symbolic modifiers: *Note obvious symbols or things out of place (e.g., a chair in the woods), symbolic actions (e.g., burning a letter), and symbolic modifiers. A symbolic modifier is something out of the ordinary about a symbol (e.g., a pig flying, a locked door, a rusty car, dirty water, etc.).*

Signposts: *Symbolic timestamps for an upcoming event. This is usually an out-of-place symbol that might have some meaning associated with the overall dream events (e.g., a Christmas tree might suggest that some aspect of this dream might manifest at Christmastime).*

Questions: *Before making any comments or guesswork about the dream, attempt to zero in on the important aspects of it by asking obvious questions (e.g., "Why was the path overgrown with vines?" or "Why was everything so dirty?").*

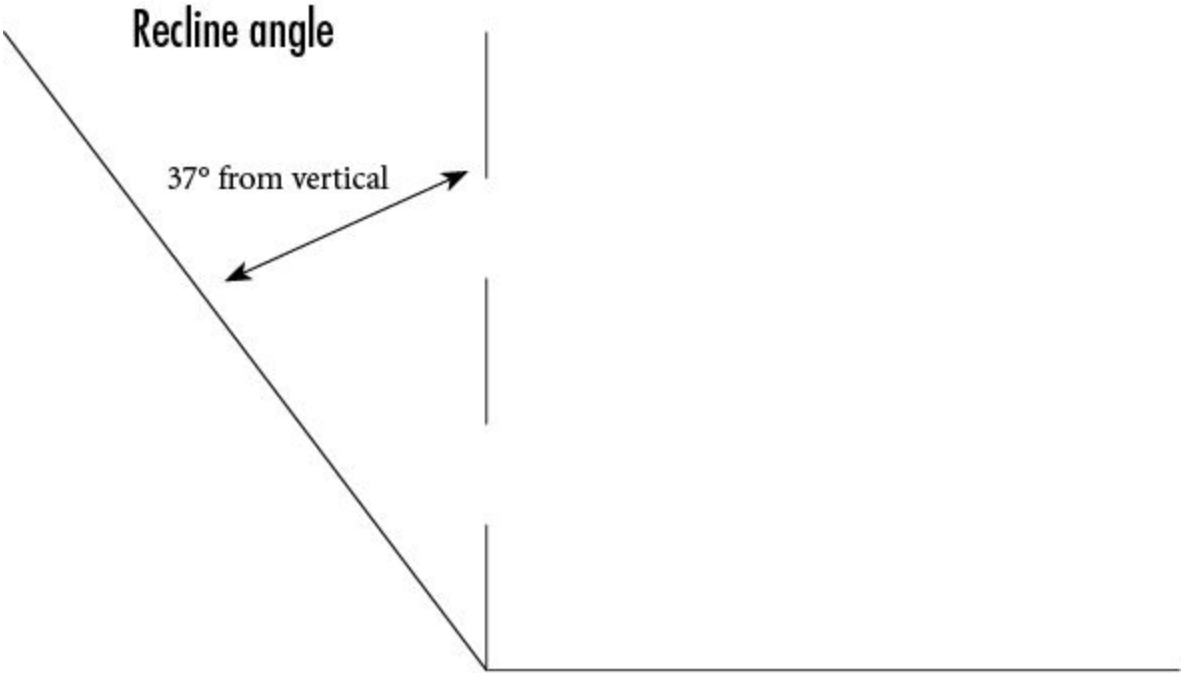
Thoughts, feelings, and guesswork: *Attempt to answer those questions asked above. Add how you felt about the dream events and environment and try your hand at interpreting anything your higher self is trying to tell you.*

Hindsight: *Leave this space blank for later comments. Oftentimes other dreams and so on will offer more insights.*

Note: An electronic version of this dream template can be found on the CD included with this book.

APPENDIX D

Projection Position Posture



APPENDIX E

Keys to a Successful OBE

by Laetitia M. Kimball

How Badly Do You Want It?

The first key to having a conscious out-of-body experience is will or intent. Most people are not aware of their nightly projections because deep down they don't want to be. The reality of it would be too much to bear! Bringing such a level of awareness back down to the day-to-day requires dedication to this new reality.

Most people don't have the will to leave their bodies consciously. Sometimes fear holds them back but most often it's laziness. How many of you gave up meditating after thirty minutes? Maybe you practiced a week and you didn't have an OBE, so you gave up. If you're not attentive, mundane life takes over.

It's perfectly okay to be fascinated by astral phenomena while not wanting to make the effort to do it. Look around you: what does your lifestyle say about what you really want? Your persistent, long-term efforts at having an OBE are what prove your intent to have an out-of-body experience.

Relax!

Total relaxation is the second key to a peaceful, controlled out-of-body experience. Practices such as meditation or yoga can help you achieve relaxation. However, given the stresses of modern society, you will probably need to meditate and contort yourself twelve hours a day before you achieve the physical and mental states needed for an OBE. Most people

can hardly squeeze in a few minutes' worth of energy work per week, which is better than nothing but not enough.

Mental relaxation is as critical to having an OBE as physical relaxation. You can yoga yourself into a pretzel, but if your monkey brain is chattering 24/7 or spinning out of control with anxieties, you are not going to have an OBE. It is imperative that you create a peaceful, relaxed life for yourself if you are to make a regular practice of deliberately leaving your body. Given this basic truth, what are the sources of stress in your life?

Make a list, because you are going to need to take care of all of them. By "take care of them" I don't necessarily mean fix them. Some problems can't be fixed. However, you can change your approach to your problems. You might have to do any or all of these things before you can genuinely relax:

- Forgive your parents, siblings, and everyone who ever hurt your feelings.
- Finish school.
- Quit your crappy job and get a more meaningful or less stressful one, even if it means making less money.
- Set boundaries with your spouse and/or children.
- Move to a more peaceful or more affordable location.
- Learn to love (or at least accept) those things that annoy you.
- Quit some outer activities (clubs, etc.) in order to do more inner work.
- Give up video games, instant messaging, etc.
- Face the problems you've been avoiding.
- Spend less time partying and more time pondering.
- Change your diet.
- Give up stress-related habits (boozing, chain smoking, etc.).
- See a doctor about that thing.
- Get at least eight hours of sleep per night.

- Turn off the TV.
- Swallow your pride and get some therapy.

When you make your list of stressors and are faced with the awesome realization of what it will take to deal with them, refer back to the first section, “How Badly Do You Want It?”

It’s worth it. By changing my life and the way I think, I can now astral project without devoting my entire life to a meditation practice. I still recommend meditation and yoga to everyone, even to those who never plan to have an OBE, since they are great for your health and your overall sense of well-being. However, other practices can bring on the same level of relaxation:

- keeping a journal
- New Energy Ways (NEW)[1]
- loving your pets
- playing with your kids, not just “taking care” of them
- making crazy art (the point is to express yourself, not to be good at it)
- dancing (it’s even better if you look silly doing it; learn not to care!)
- walking around the block
- napping
- reading
- calling a friend who makes you happy
- playing sports
- gardening
- cooking
- sex with someone you love
- anything that helps you relieve stress—hopefully it’s legal

A Life of Genteel Poverty

Have you ever noticed that the most spiritual people in the world have very little money? This is no accident! How much do you really need to be happy? Not a lot. I'm not suggesting you throw on sackcloth, sell flowers on a street corner, or join a commune. On the contrary, I am advocating a life of quiet gentility.

Get a good education so you may find decent, meaningful work, a small home, a sensible car (or public transport), and a steady, modest inflow of cash to pay the bills and save for retirement and health insurance. Simplify your life, my friends! If you can't afford a simple life where you live now, move! Join forces with like-minded people to save money. Be creative!

By saying no to overwork and overconsumption and by saving money for that inevitable rainy day, you will find peace and—*tada!*—*relaxation.* Forget *Lifestyles of the Rich and Famous,* buy (or better yet, sign out from your public library) *The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle* by Amy Dacyczyn.[2]

Notice that my suggested stress-relieving activities above are free, or at the very least cheap. Nothing brings me more pleasure than a good nap, a cup of tea in my grandmother's china teacup, and a good book on a quiet Sunday afternoon. There is a never-ending list of free or inexpensive pleasures to choose from.

Ample Amounts of Free Time

You need to practice to succeed at having an OBE. Stress and sleep deprivation brought on by a frenetic lifestyle might cause an involuntary OBE now and then, but these are disturbing experiences you won't be able to control. It's so much better to pick the time and place for your exits. So take it slowly and deliberately in your free time when you are well rested.

We each have twenty-four hours in a day. You might say "I don't have the time!" but for the most part that's a load of crap, even if you're a single

parent. Almost everyone wastes time without realizing it. Each day families in America watch hours and hours of TV and say they don't have time to do things. Please! Since you'll never get more than twenty-four hours per day, make your free time by rearranging your life and by saying no.

What This Is All About

By now some of you are probably thinking "What the heck does all this 'lifestyle' business have to do with OBEs?" Freaked-out lives, festering resentments, screwed-up finances, and poor health are going to make it impossible for you to relax, and a half hour of meditation and a stretch every now and then is not going to fix them. You need to transform your life so that you may relax and find peace, so that you may have an OBE peacefully. Your life is the true foundation for your OBE practice.

When you find yourself lucid in a dream or astral landscape, what you think and believe will shape your experience. Resentments and fears will send you straight to the lower astral where you'll face demons, spiders, mean dragons, assorted negs and such. It's enough to make one vow never to go back! It is best to develop a clear mind and a peaceful soul so when you do finally leave your body, you'll end up someplace decent.

Time to Practice

The third key to having an OBE is constant awareness during liminal states. I progress well with my OBE practice when I spend a lot of time alone in silence in "in-between" states—neither here nor there but always aware. *Liminal* it is called; it means "at the threshold." Many people call this state of mind *trance.* I meditate on fog, for instance, as it is in between rain and not-rain; those moments just before or just after thunderstorms, doorways, bridges, the forest's edge . . . Think of your own liminal places and meditate on them. When you are in a liminal state, sharpen your awareness to the fact that you are now "in between."

It can be an ongoing struggle to stay aware during liminal states. When you sleep, your consciousness will leave your body on its own. Unfortunately, you are unconscious and miss the whole thing! By practicing constant awareness you can be asleep and awake at the same time. You should even practice constant awareness at work, while cooking, while talking to people and while tying your shoelaces. No matter what you do with your life, you have at least sixteen hours a day to practice constant awareness.

I burn incense when I practice; it sends a signal to my brain that I'm working on having an OBE. Sometimes I play quiet music; other times I like it silent. It's good to practice achieving liminal states with normal sounds (birds, crickets, and screaming children) within earshot.

I recommend practicing in a slightly sitting state—in a reclining chair, for instance. Lying on a bed is a sure way to fall asleep. However, I must confess that all of my OBEs have occurred while in bed—either lying down or propped up on my pillows—so even I don't practice what I preach in this regard. The following is what I usually do.

First, I have a light meal—perhaps a salad—an hour or two before I go to bed. I don't bother to attempt a projection on a stomach full of protein because it doesn't work! Protein is very grounding, so you'll be "grounded" until you're done digesting. In general, try not to eat protein (or anything for that matter) after 6:30 p.m. if you want to project at night or early morning.

Next, I lie on my back with a pillow under my knees to relieve back pressure. I squirm around to crack my back vertebrae. I crack every knuckle I have! I wiggle my fingers and toes, clench and relax my muscles, and settle in for the night.

Then I fall asleep on my back. If I roll over in my sleep, that's okay.

At some point in the evening, after perhaps one REM cycle, I sort of wake up. I am half awake, half asleep—at the threshold! I may get up to use the

bathroom and then attempt a projection, or I might just skip the bathroom break and sink into a vibration state from whatever position I'm in.

If I have a dream, I write it down as quickly as I can before it fades. Dream recall exercises are very good practice; the skill will be of great importance later when you begin remembering your OBE exits.

Sometimes I have an OBE during weekend mornings when I don't need to be anywhere else.

The Previbrational State

How can you bring on the vibrations? You could try willing them, but only if you are in the liminal space between sleep and waking. Willing them while you're just lying there twiddling your thumbs won't work! It helps if you've felt the vibrations before. If you haven't felt them yet, perhaps it's better just to wait for them to come on their own. Don't worry, they will come. The trick is staying awake for them!

The reason many of us botch our OBE attempts at the point of exit (presuming we initially have the deep relaxation down) is that we're too excited over the shifting of our energy bodies, thinking, "Are these the vibrations? Oh boy! Is it finally going to happen?" This excitement causes loss of the deep relaxation needed for the exit. Overcome this giddiness by practicing your in-between states frequently. I still struggle with staying aware during induced trance states. Most of the time I drift off in a fog and nothing happens, but every now and then—*shazam*—there I am, awake in my head . . . and leaving my body behind.

This is how I practice: I meditate/trance with the intention of feeling my energy body shift and wobble without trying to push myself into an OBE. I get so used to the shifty feeling that it absolutely bores me to death and ceases to cause an excited or expectant reaction. Also, it takes the pressure off. If I have an OBE, great! If I don't, I wasn't trying to have one in the first place.

Here's what it feels like to me before the vibrations happen: I'm sleeping or resting and I'm in a liminal state. I trance very easily (it's both a blessing and a curse; no one wants to ride in my car when I'm driving!), so I rarely have to work at getting in the right head-space. I assume the position for an OBE (flat on my back).

I feel my energy body start to shift. Imagine what it must feel like to be a hardboiled egg when someone is peeling off your shell—something feels as though it is separating. Sometimes it feels like a little wobble or a flutter. Most of the wobbling/shifting is in my upper body from my upper chest up to the top of my head. Sometimes I even get a little sick to my stomach! When this happens I try to lay absolutely still and act really, really bored by the phenomenon. Sometimes I get so nauseated I have to stop what I'm doing and start over.

Moving the body or even thinking about it will end the experience. Even thoughts such as "I'd better not think about my body!" will ruin it. The way to get past this problem is to turn around negative thoughts such as "I'd better not . . ." into positive ones, such as, "Okay, I'm moving along, whatever . . . my mind is relaxed . . . ho hum, here I go . . ." Positive thoughts will keep your mind off what you shouldn't be doing.

Often while I'm waiting for something to happen, I will roll my eyes upward and watch the white light show going on at my third eye at the center of my forehead. I simply watch the lights passively.

If you find yourself in an uncomfortable position when you start to feel wobbly or shifty, lie perfectly still and put up with it. Believe it or not, the wobbly feeling doesn't last very long—just a few seconds for me when I go off spontaneously. If I move a muscle, I've blown it!

When I want to bring on the vibrations faster, I feel myself going through my mattress, the floor, the ground, through the earth, and into outer space on the other side. It's always prolonged my vibration experience, but my success at exiting my body using this technique has been spotty. So if you find yourself wobbly or fluttery or shifty and the vibrations don't happen

after fifteen seconds or so, you might want to try feeling (not visualizing) yourself sinking deep into your bed or your chair as though someone were pressing down upon you, and pressing down hard, without letting up. Sometimes I think, "Down . . . down . . . down . . . dowwwnnnn . . ."

Another option is to do nothing. I call this the *Zen technique.* Trying too hard to "do something" might break your relaxation and ruin the experience. Letting an OBE happen in a Zen kind of way seems to work so much better, as long as you have the patience and wherewithal to stay awake. Of course that is little consolation to folks who've been trying for years. So, if you've been trying "nothing" without results, try sinking.

The Vibrations

The vibrations are the point of no return, so you do not have to do much at this point besides relax and take everything you feel/hear in stride, knowing that you are safe. If you've never had an OBE, the vibrations will probably feel like nothing you've ever felt before. In fact, if you feel tingling or mild paralysis and wonder if it's vibrations, it's not, although you are getting close. Keep it up! Real exit sensations are not mild. They can be downright alarming. During your first OBEs the vibrations will probably feel jarring, even upsetting. The trick is in not letting the sensations freak you out.

My advice to beginners: expect to be shocked. I feel sinking and vibrations and hear roaring and buzzing all at the same time. Sometimes I feel a lot of pressure on my chest as though I am being pushed down onto the bed. I liken the vibrational state to lying on top of an unbalanced washing machine during the spin cycle. The experience is very noisy and I am completely paralyzed until the OBE is finished.

Once you've had several deliberate/successful OBEs, the exits quiet down. These days my vibrations feel and sound like a large buzzing plane flying low overhead.

The Exit

My early OBEs were spontaneous and most unwelcome until the day I surrendered to the experience and actually downloaded some good memories from a bona fide OBE. These days I have a problem with my excitement and my expectations ruining projection attempts. Even experienced projectors have spotty success, so toss your frustration aside and know you are in good company.

The fourth key to having an OBE is surrendering. Before I tried surrendering, I'd failed at having an OBE many times. By surrendering to the experience, I projected four times in one night! I like to call this exit technique *flopping.* I flop like a rag doll, as rag dolls have no bones or muscles. When I manage to flop entirely during vibrations, I am able to exit my body.

This is how to do it: when you feel the vibrations, lose all tension in your body. Flop like a rag doll.

Send out a little prayer. It doesn't really matter to whom. Send out the prayer to the being out there who is willing and waiting to help. Keep an open mind.

Completely surrender to the experience and accept any help that is coming. Accept anything (and I mean anything) that might come from that help. If you get this maneuver right, you may feel yourself floating upward. You might even feel yourself yanked out of your body a little too abruptly. At least you'll be out!

The first time I deliberately consciously floated out of my body, I was amazed at how absolutely *real* it felt. I was myself! In my ghostly body! Wrapped up in my ghostly white sheet! I could even see the hairs on my arms. Flying was an amazing yet familiar feeling. There were a few visual fluctuations: my house wasn't perfect, but I could tell I was in my bedroom looking over my sleeping body. I felt I could have flown around for hours, but I remembered that novice projectors should jump back in their bodies right quick so as to remember the experience, so that's what I did. Even today I try not to stay out too long, lest I drift off into a dream.

Re-entry

Returning to my body has never been a problem. All I do is decide to return and swim or fly toward my sleeping form. Strong feelings during re-entry can help you remember your OBE. Even shouting something so simple as "I will remember this!" when moving toward your body will help solidify the memory of your OBE into your conscious mind.

In the peaceful reverie after the paralysis passes, my usually dark bedroom seems lit with flickering lights as if someone had snuck into my bedroom during my OBE, lit a bunch of tea candles, and hid them all over my room. After my first OBE I thought I'd left candles lit and I rummaged about my room looking for them, getting *really* confused. The candlelight effect goes away in a minute or two.

Writing key words for OBEs down is very important as, like dream memories, they often quickly fade if not recorded.

Sometimes I have visions after the paralysis passes, as though my dream world and the ordinary have overlapped. I will also occasionally get a cold head. When this happens, I wrap my head in a blanket. I always sleep well afterward and wake up refreshed.

Happy Travels!

Remember the keys to having an OBE: intent, relaxation, constant awareness during liminal states, and surrender. Practice every day (or at least several times a week) and make it happen. Once you succeed, you will know what it feels like. Then you may engage in a variety of techniques to reproduce that feeling. Getting to this point takes a lot of patience, but in the final analysis, it is all worth it.

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1. Robert Bruce, *Astral Dynamics: A NEW Approach to Out-of-Body Experience* (Charlotte, VA: Hampton Roads Publishing, 1999).

2. Amy Dacyczyn, *The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle* (New York: Random House Publishing, 1998).

APPENDIX F

My OBE Successes

by Brian Mercer

I developed this ninety-day program over the course of four years. In that time it has gone through almost a half dozen revisions. With each new iteration, I felt compelled to test and retest it. The following represents a sampling of my experiences during those early testing phases.

These notes are taken directly from my OBE journals. In most cases, they have been edited for brevity.

May 7, 2000

In the morning I lay half asleep on my right side. I felt languid waves of energy moving down me, from head to toe. I suspect that I was nearing the state from which I could leave my body, but nothing else happened.

May 8, 2000

Felt the snoring come on. My mind was awake, yet my body lay there snoring.

May 16, 2000

. . . at one point [I felt] a wave of energy traveling down my body that stopped suddenly with a jerk.

May 17, 2000

During [my OBE] session it seemed for a moment that it got brighter in the room beyond my closed eyes, as one might sense morning light, yet I know the room was always completely dark.

June 23, 2000

This morning I had trouble sleeping. I was lying on my back and, just as the sun began to rise, I finally fell asleep. Before long I became lucid in a dream. Immediately, I tried to wake up, but was unable to move. It was quite scary. At first I assumed that I was wrapped in the blankets so that I couldn't move. Then I realized that this sort of thing happens prior to an OBE and, willing myself to project, I suddenly saw the bed fall away, my wife, the four bedposts, the lamp. "Well," I said to myself, "you wanted an out-of-body experience, now you've got one."

At first I tried to will myself to Sacramento, to my parents' house, but after a few seconds I realized that I was only lying there on the bedroom floor. As I looked up I could see the wooden posts at the corners of my side of the bed. It was hard to move; I still felt wrapped in blankets.

I struggled to get up, to go in the bathroom and look in the mirror to see what I looked like in the out-of-body state. I tried feeling for the bathroom door's threshold, but without success.

It took all my conscious effort to get in my body again and even then it was a struggle to get integrated. I woke exhausted and still am.

July 28, 2000

After weeks of "energy work," I finally started my projection work this week. Last night I reclined in the chair for a half-hour nap, quieting my mind. Once I was on the edge of sleep (still reclined), I started thinking of being at my parents' house (a location I use because I know it so well), alternating it with the rope technique. I started to get vibrations in the legs, but little more.

August 8, 2000

For the past several weeks this has been my evening routine: a half hour of trance meditation in my office chair, an additional fifteen minutes of the energy-raising exercises, and twenty to thirty minutes of primary center stimulation. Around nine at night I'll go to what I've been calling the "OBE

room," sit in the recliner, relax, go into trance and have anywhere from a thirty- to a sixty-minute OBE attempt.

The routine was broken Saturday night, so instead of meditating I went directly to bed. For several minutes I lay on the bed above the covers, musing about the unresolved issues of the day and quieting my mind. I did this with my eyes open, staring at the darkened ceiling. Unconsciously, I was doing the full-body energy bounce. After about fifteen minutes, I closed my eyes and began raising energy.

Within five minutes, my legs grew heavier than they've ever felt during trance before. At first I questioned whether I was tensing them up. No, they were quite relaxed, just very heavy. At the same time the vibrations began, stronger than ever before. They started at the lower part of the legs and gradually moved upward as I continued to raise energy. The effect was as if very strong currents of electricity were coursing through my body.

No matter what I did, I couldn't get the vibrations higher than my waist. If I tried an exit technique, the vibrations only settled down. So I continued to raise energy. Even though it didn't look like I was going to get out, at least I was feeling the vibrations at the intensity level I'd heard described so often.

That night I had an incredibly long OBE. I was able to keep my head clear for as long as I did by taking quick glances at my hands every time my head started to get muddled.

I remember flying over a city at nighttime. It looked like New Orleans. I was flying but it wasn't a smooth flight, especially when I went around corners. I found myself flapping my arms to maintain control.

While I was flying, I noticed that above my head, where there should have been only sky, there was some kind of ceiling. I subsequently moved through it to find myself still above the city. Eventually, I landed and went into an old-looking building. There was a door with a light on beyond it. I thought, "I bet if I asked I can get my spirit guide to walk through that door." But before I even completed the thought, a man with wavy blond

hair and a white suit walked through the door and introduced himself as my spirit guide, telling me his name and spelling it.

It's hard to describe this guy other than "shiny." He said, "Congratulations, you are probably going to have a baby boy."

This sort of freaked me out. Probably? I asked him to get a little clearer on that. He was doing just that when my workmate, Jean, burst through the door, said hello to me, then demanded to see my spirit guide's credentials.

My spirit guide obliged, telling us his name again, spelling it, then handing us each his business card. I looked at it. It was black with silvery lettering. I noticed that his name didn't have any vowels in it, which I thought was strange.

To prove that he was a spirit guide he took us outside. As one might expect in New Orleans, there was a big crowd outside, even though it was late at night. He said, "Watch this." Not long after there was a random parting in the crowd, a car careened onto the sidewalk, knocking a woman through the air. A big crowd formed around her and someone yelled, "Ew, she's all messed up."

My guide told me that these kinds of accidents happen every day and that it could have been a lot worse. He said that guides were responsible for protecting people in these kinds of situations.

An ambulance arrived. While I was standing behind it I thought, "I can test to see if I'm really out of body by looking at my hands." Robert contends that when you study your hands in the astral, they look real at first but after a few seconds they'll start to stretch and distort. He calls the phenomenon "melting hands."

I looked at my hands and indeed they started to melt. After this, my head began to cloud up, so I glanced at my hands and quickly looked away. I felt a sort of "click" and became lucid again.

December 30, 2000

I realized I was asleep and willed myself out of body. I could feel buzzing, shimmering sensations as I left my body and rose up over the bed. The next thing I knew I was flying through the night, houses whizzing past below me, street lamps lighting up various pockets of the neighborhood.

I was in an area that resembled Seattle's Ballard neighborhood. I decided to look at a street sign, hoping to come back later and verify my experience. I stopped in front of what looked to be either a restaurant or a fish market. I began reading the fish place's signs but stopped, not wanting to fill my head with unnecessary information.

I found one street sign and then another a little bit further down. They both had the same name, which made sense since I was moving along the same street. It read something like "Spragg." I remember almost certainly the last two letters were the same, I think the letter *G.*

Not long after, I flew away, back toward home.

September 18, 2001

I had an OBE after waking up early and going back to bed while gently guiding myself into trance. I felt myself falling backwards at a rapid rate, but I didn't tense up. (I've been practicing falling backwards by setting up mattresses in the basement, closing my eyes, and falling backwards onto them without tensing up.)

As I fell (a long, long way) I saw a tall building rushing past me, as if I was falling from the top of it. When I hit the ground, I landed on my feet in front of the building's lobby. An older woman, nicely dressed, was walking out the door. I gave her a big hug and told her that I was out of body. Inside the building, a reception was going on and I went in and mingled with the crowd.

I also have wispy memories of hovering in the dark above a major city. The grid of city lights spread out before me. Six or eight projectors hovered around me, all male, all of whom I knew but none of whom I can now

remember. I recall that we would fly around, diving and doing daredevil stunts, before returning back to the group.

September 23, 2001

I had an out-of-body experience this morning. The memories of it trickled in after I awoke. I remembered the experience upon opening my eyes, but the more I lay there the more details I recalled.

Like a lot of my successes, this happened after getting up on a weekend morning and going back to bed. This is the only time I seem able to sleep on my back. I think if I could learn to sleep on my back regularly, I would have more successes.

After I went back to sleep I started dreaming. When the dream ended I found myself lying there. I thought, "I could probably will myself out of my body," and thinking about it started the vibrations. They were very mild, not the chaos I would have otherwise expected. But I knew they were the vibrations because they had the effect of stimulating my, er, uh, sexual center the way they have on the other occasions when I've felt them.

I floated upward and could presently see the ceiling. It felt like passing through a mild force field as I rose through the blankets. When my vision came I could see the bedroom, the cat (who was on the bed), and my wife sleeping beside me. At first I was a little unnerved by the experience. Because it was light outside, this projection seemed more *real* than my other projections, which have always taken place in the dark. I also had a vague sense of someone else in the room with me, a sense of being watched. The presence seemed friendly and I immediately perceived that someone was trying to help me get out of body.

I had drifted to the floor looking up at the foot of the bed. The bedposts in relationship to my wife and the position of the cat were wrong. Everything was a mirror image to how it was in physical life. I could feel the floor with my hand and realized that I could put my fingers through it if I applied enough pressure. There was a mild resistance, nothing more.

The most frustrating thing, however, was that I was unable to get up, though I tried and tried. I did the hand-glance method and could see a vague hand/arm image the color of my skin. I expected that I would be able to see my hands clearly but once I focused upon them they immediately melted away. I kept glancing at them but was still unable to get up.

Finally, I strained so hard I moved my physical body and so realigned with it. When I got up, my abdominals were very sore in my solar plexus area, as if I'd done a hundred crunches before going to bed.

September 29, 2001

I attempted another projection this weekend by getting up early and going back to bed while trying to fall asleep on my back. Having limited success, I turned on my left side and projected into a dream in which I was running through my parents' house and sliding across on the floor.

I kept thinking how everything looked perfectly real and was amazed at how long I had managed to remain lucid (approximately three to five minutes). I could see snatches of my body as I ran around. I was wearing a blue shirt, blue jeans, with no shoes. Curiously, the color of my clothes matched the color of my aura when I look at it in waking life. I also felt a subtle shimmering around my legs, like a tingling of energy, and I reassured myself I had only projected into a dream.

May 24, 2002

I've been recalling more flying dreams. Only glimpses, but I have clear images of flying through the clouds off a seacoast along which enormous cliffs rose against the horizon. There are more memories but they linger out of my grasp.

Last night I'd just gone to bed and was still lying on my back when I drifted to sleep. When I awoke a short time later I had memories of leaving my body, not once or twice but *three times.* Perhaps even more. I had been demonstrating projection for other people who were present in the bedroom, telling them that it wasn't so difficult after all. By way of proof I'd been

doing this again and again. I still clearly recalled what the exit had been like, squirting out my midsection around the solar plexus area. Even as I write this the sensation is fresh and familiar.

May 25, 2002

I slept in a little later than usual and, waking, lay on my back and started raising energy, hoping to drift off to sleep. Unable to get drowsy on my back, I turned on my right side and continued to raise energy. This time I fell asleep.

I heard a big noisy truck in the alley behind the house. The room was filled with a grey morning light as I sat up in bed. There was a certain amount of resistance to sitting up, almost as if I was peeling away from my body. I realized that I might be "out."

Everything in the room looked normal except the garage, which I could see through the bedroom window. The garage wall facing the bedroom was all built with ragged pieces of old scrap wood. Reality fluctuation, I thought, and just then my OBE vision went bad.

I slumped to the foot of the bed. I didn't seem to have a body. I did a quick look at my hands to try to shift energy to my projectable double and they appeared before me looking disincarnate, two hands floating in space, but otherwise perfectly normal. The trick didn't seem to work. I had vision now only in one eye and it was blurry.

I thought it best to get away from my physical body. I crawled across the floor though I couldn't "see" my body. In fact, the more I crawled, the less I could see at all.

When I reached the kitchen, I'd regained some sight. I looked down at my legs and noticed more legs than just mine. Reaching down, I pulled and one of the legs came loose. I brought it up closer to examine it and I realized that it was a small baby boy wrapped in a blue baby blanket.

I set the baby on the floor and continued to crawl until my vision began to get better. I had moved outside, literally *through* the French doors, but

instead of being on the deck, I was in a small room with another set of French doors at the far end. This set of doors had blacked-out windowpanes, but I could see light between the two doors and felt if I could crawl through them I'd be able to reach the yard.

Then I saw a rat-sized raccoon scuttling across the floor. It raced toward me and bit one of my hands. This made me recoil. Our cats quickly responded to the commotion, chasing the rat/raccoon across the floor. I made another lunge for the second set of French doors, but the rat/raccoon had gotten away from the cats and was biting my hand again. I still felt the biting sensation when I reintegrated with my body.

May 27, 2002

I wasn't tired last night when I went to bed, so lay there on my back, clearing my head and raising energy. I never did fall asleep on my back, so I turned on my right side and soon felt myself peeling away from my body. Within seconds, I had projected to my parents' house. The configuration of the house was like it was when I was in high school (the kitchen hadn't been remodeled yet).

I called out to see if anyone was out of their body and projecting within the house and Mom appeared from a back room.

There was more after that, much more, but when I regained consciousness some time later I was too exhausted to rise and record it. Now I don't remember. Argh!

May 28, 2002

This time I'm writing my OBE down right away.

Earlier, just before 3 a.m., I woke to feed the cat (who was pestering me) and to go to the bathroom. When I returned to bed I couldn't get back to sleep. I tried raising energy, doing breath awareness, but my mind was continually active, mostly about what I was going to say at my nonna's funeral.

I didn't fall asleep until it was time to get up. I had drifted off for a short period and was lying on my right side when I heard a woman's voice coming from the foot of the bed (not Nonna, though; even in death I'd expect *something* of an Italian accent). This might have been my wife's voice. Now I heard it again. It was my wife. She was telling me that I was starting to go out of body and encouraging me, though I could "see" her next to me in bed, asleep. But by now I was quite sure it was her.

Before I recognized the voice, I'd thought, "Astral noise; ignore it." But when I realized the voice was encouraging me, it almost helped. I did my best to clear my mind, to remain calm, and simply willed myself upward. This time I left through my head, feeling a very distinct peeling away as I did.

Now I was up near the ceiling. Everything felt very real and clear, but the room seemed out of proportion, as if I was in a very high-ceilinged room. Here my OBE walk-throughs came in handy. "Keep it ultra short," I thought and yelled as loud as I could, "I will remember this!" and dived back into my body.

July 4, 2002

I awoke early, despite the holiday, then went back to bed. I was rewarded with several OBEs, one after another, in which I kept going out of body then coming back in, as if deliberately practicing the exit. I was sleeping on my right side and the first two were an exit from the back, as if I was peeling away from the body with an audible tearing sound, then gliding back through the wall. One was an exit in which I simply rolled over and out.

The exits from the back would send me through the wall at the head of the bed and into an unfamiliar living room with people I didn't recognize. They didn't seem to see me or know I was there. The time that I rolled over and out of body, I remained in the bedroom, and there noticed several reality

fluctuations, including a young girl, who was also in the bedroom. I tried to talk to her but she became frightened, so I stopped.

September 7, 2002

I woke up at 2:30 a.m. and turned over, determined to get to sleep on my back. I tried shutting down my thoughts, relaxing, raising energy, and even used the rope technique, but was unable to get to sleep until about 5:30 a.m.

I was dreaming I was waiting to get on a bus with a former workmate. Before we got on, the bus pulled away. In order to catch it, I ran with an incredible burst of speed that started the projection process.

Perhaps I had projected already and the dream mind was merely fully engaged. At any rate, once I started moving, the dream images literally shattered in fragments. I was flying around my parents' house (I was sleeping in Seattle at the time).

The house was arranged and decorated the way it had been in the early 1980s. I flew from one end of the living room, through the dining room, kitchen, then turning clumsily in the service porch, I made my way back again. Everything was perfectly real; there were absolutely no reality fluctuations or fuzzy grey dream holes.

I thought, "There is no question that this is an OBE. It is absolutely real!" I suddenly remembered another OBE I had earlier that morning and was still making mental observations when I thought, "Clear your head; stay objective." Things never grew hazy or unreal; there were absolutely no dream elements.

I paused at the sliding glass door leading to the backyard deck and moved through it with a vague sense of resistance and a passing blurb in my vision. When I was outside I felt the temperature drop immediately; it was definitely morning. I could smell everything: the trees, the grass, the earth, the air. I flew up among the branches and swooped down toward the enormous trunk, meaning to investigate it closer. The last thing I remember was zooming toward that tree trunk.

October 20, 2002

This morning I dreamed I was in my parents' backyard at a family gathering. There was a small cemetery there with headstones. In one place there were holes where the coffins would be reinterred. One of the holes was for my nonna. Seeing it made me very sad. The more I thought about how wonderful she was, how much I missed her, the more I wept. It was like her funeral all over again.

I was somewhere near the backyard door when the dream imagery fell away. I was lying there in bed but I couldn't move. Nonna was standing there beside me, holding my hand. She was young and beautiful. She looked very different than I remember her from life, so different I don't think I would have recognized her if I'd passed her on the street. Yet I *knew* it was her. She was wearing a white dress with a white veil in what looked like an old-fashioned wedding dress.

Holding my hand, she told me she loved me, that everything was okay, not to cry; everything she would have said when she was alive and trying to comfort me. I seemed to be crying now harder than ever. I told her I loved her, that I missed her, not to go away. But already she was stepping back and fading. There were tears in my eyes when I awoke.

October 24, 2002

I was lying in bed this morning in a slightly uncomfortable position. I was lying there, looking across the bedroom, when I realized that my physical eyes were closed. Nonetheless, everything looked very real.

I felt a tug in my lower torso and a sensation that I was separating from my physical body. I resisted at first and the sensations stopped. Realizing what was happening, I cleared my mind and let go. I felt the tugs again and simply drifted out of my body, helicoptering to the bedroom floor. Everything seemed so real and vivid; I might have been fully awake.

I made an attempt to get up, bouncing up and down, but instead of getting up I fell through the floor completely. Now I was in a room with orange/red

carpet and tacky ’70s decor. There was a large blond woman there, sitting on a couch. I tried to get her attention and at first she seemed to react to me, but in actuality she was reacting to something else that was going on in the room. I don’t remember anything after that.

November 7, 2002

I woke in the middle of the night, mentally refreshed but physically tired. I got up to get a glass of water and to look for the cat. I was awake about five minutes before I went back to bed. The following OBEs came next.

OBE #1: I Thought I Was Dead. Shortly after going back to bed, I awoke. I found myself standing in our small entryway, nonsensically playing with the doorknob to the entryway closet door. It was as if I’d been sleepwalking and suddenly awakened and realized where I was.

Still groggy, I headed back to bed. When I walked in the bedroom, I saw my physical body asleep next to my wife. This broke me out of my daze. I thought, “I must be dreaming,” and commanded myself to wake up. But nothing happened. “Wake up! Wake up!” I yelled at my motionless body, growing more panicked as my body remained immobile. Then I roared to my wife, “Sara, wake me up! Sara, wake me up!” but to no avail.

I suddenly grew terrified that I had died. It quite alarmed me for a while, until I realized I was out of body. I’m sure the intense emotions are what allowed me to download the experience successfully.

OBE #2: Sara Sleepwalking out of Body. I was back in my body shortly thereafter but did not “wake up” physically. Again, I found myself out of body, walking around the house. This time I was more lucid and knew that it was an OBE. I was wandering around the house when I heard the noise of a motor and, searching the basement, noticed my wife on the Stairmaster. I said, “It’s two o’clock in the morning. Why are you exercising now?” I don’t remember what she said exactly, but I remember her answer didn’t make sense, as if she was sleepwalking. It occurred to me that she might be out of body as I had been before, without realizing it.

OBE #3: Reality Fluctuations and Confusion. A series of OBEs followed where I returned to my body and projected, returned and projected, over and over. Like my first OBE of the night, I seemed to grow semilucid. Here the reality fluctuations began with the house taking on all sorts of strange dimensions. I began to catch myself doing things that made no sense, like ironing clothes.

A sense of body gravity began, as if my physical body was trying to reel me in.

OBE #4: Body Gravity and a Visit to My Parents. I slipped out of my body again and immediately I felt a sense of body gravity, as if there was a cord attached to my back and my body was trying to pull in its projected double. I crawled across the floor, trying to get farther away from my physical body so that things might get easier. When I made it across the kitchen, I pushed my hands out through the kitchen window. I was surprised to see my bare arms looking mostly human.

I was getting my nerve up to jump out the window when my cats, both out of body, flew by. Mrs. Claws leapt easily out the window and hung there suspended, as if she wanted to play. I dove out the window, too, but instead of hanging there, I plunged to the ground outside.

Though it was early in the morning and should have been dark, everything was suffused in a soft twilight. My vision blurred when I hit the ground, so I glanced at my hands, hoping to get more energy.

I still felt the tug of my body wanting me back, so I began mentally doing an exit technique. I thought of my parents' home as I walked around the side of my house and when I turned the corner, I wasn't in Seattle anymore but at my parents' house in Sacramento. The light was exactly the same quality.

When I approached the front door I paused, wary that moving through it would take me to another locale. Instead, I backed through the door and ended up on the other side. When I moved into the kitchen, I saw a calendar

on the wall. My vision blurred for a second, then cleared up so I could study it. It read “June 1987.” This was the month I had my life-changing dream back in college.

Shortly thereafter I found myself back in my body, but I still hadn’t “woken up” yet.

OBE #5: Meeting a Younger Brian. Again, I made it out of my body. Right away I found myself in my parents’ house. I was standing at one end of the hallway near the door to my old bedroom. From my position I could see a teenage Brian lying in bed half asleep during the early morning hours. This wasn’t 1987 anymore but 1985, when I was a senior in high school. I knew this by the way the furniture was arranged.

Here I tried an experiment. I thought, “What if I could jump in my high-school body and move around in 1985?” I walked up to my body and tried to dive in it but I only landed on top of it. In response, the teenage Brian sleepily embraced and kissed me, which was extremely weird and not altogether pleasant. In my attempt to get away, I found myself back in my body.

OBE #6: Jaunt in the Astral Planes. My last OBE of the night was an astral projection. Again, I left my body and again I felt that sense of body gravity trying to pull me back in. I was on the ground, struggling to get farther away, when my body started bouncing a little, the way a helium balloon will bounce along the ground after it’s been mostly deflated.

Suddenly, I slipped through the floor and found myself in another environment. I was in the midst of a pure violet sky stretching endlessly in every direction. There were basketball-sized clouds everywhere that looked like wispy popcorn. The violet light resembled a moonlit nightscape. There was a silvery gleam that reflected off all the clouds. Everything was startlingly real and clear.

As soon as I appeared in this environment, I began to fall, quickly picking up speed as I went. I could feel the motion acutely in the center of my being

and at first I grew frightened. I thought, “Relax. Clear head. Objective observer,” and surrendered myself to the falling.

Once I relaxed and let go, I loved it! After an intermittent period of time, I started to slow down and speed up again. This time I was “falling” to my left at the same rate. I hadn’t made any conscious thought to do this and when it happened I thought, “I’m being guided.”

Again, I slowed down and sped up. This time I was “falling” upward. The process repeated and I began to fall to my right, as if traveling full circle. Shortly thereafter I blacked out and awoke in bed. This time I moved my physical body, breaking the trance and making another projection unlikely.

I let the shadow memories sink in, then reached for the pad and pen to write down my key words.

November 17, 2002

On weekdays I’ve been getting up at 5 a.m. to work out. On the weekends, even though I can sleep in, I have a tendency to wake at five anyway. It usually takes me a little while to get back to sleep.

When it happened this morning, I was lying on my right side. The cat was asleep in the crook of my arm, which made for a slightly uncomfortable position. Before long, I felt a falling, tumbling sensation, as if I’d rolled out of bed. I found myself on the floor though my body was still in bed. I looked around but my eyesight wasn’t working well. I remember scrambling, trying to get up, but most of the memories of that first OBE are lost to me.

Not long after, I felt the falling, tumbling feeling again. Again, I was in my real-time double on the floor. This time I got a better look at my physical body in the bed, noticing my foot was out of the covers. My eyesight was still not working clearly. I remember trying to tell Sara that I was out of body.

Not long after, I was in my body in bed again. I opened my eyes, then went back to sleep. Within minutes I felt like I was partially out of body or

in the right state for projection, so I willed myself to slide off the bed (backwards, as it turned out).

I felt vibrations in my body starting from my chest and elbows going down. They felt simultaneously electrical and like a very strong vibrating bed or chair massager. I recall being awake at the precise moment of separation and saw my physical body as I fell away and onto the floor.

My vision was still bad. I had tunnel vision on my right side, the side on which my physical body was laying. I thought that getting away from my body might help, so I crawled backwards away from the bedroom and into the kitchen.

While I crawled I consciously tried to see my legs. They seemed a lot smaller than I'd expected them to be, like the legs of a child. When I reached the kitchen, my vision cleared, so I decided to go further, and headed upstairs.

My eyesight was fine by the time I reached the top of the stairs. That's when the reality fluctuations began. The bedroom up there looked far larger than it should have. The décor suggested that the room belonged to a young girl. The furniture looked old fashioned. Colorful clothes and magazines were strewn all over the floor.

Out of sight around a corner, I heard two women talking. At first I started to panic, thinking there were strange people in my house. I calmed myself just as the two women appeared. They were in their midforties and as soon as I saw one of them, I had the overwhelming urge to kiss her. I reached out for her, but remembered I was out of body and that lustful feelings will sometimes take over. Deciding not to become distracted, I resisted the urge and instead asked the women what they were doing here.

One of the women was the mother of the young girl who owned the room; the other woman was the mother's friend. They told me that they were cleaning up and rearranging the closet. They indicated a place where I

thought a little girl should have been. I heard a young girl singing or talking to herself, but didn't actually see anyone.

At this point I decided to get back to my body. I'd never had an OBE where I so clearly recalled the exit and I wanted to have a clean reintegration. I went over to the stairs, but they didn't look like stairs at all but simply a shaft going down. One wall was carpeted and ridged like something faintly resembling stairs. Jumping down the shaft, I ended up in my body.

March 23, 2003

I was dreaming that I was working as a checkout clerk in a drug store. I was having problems remembering my register code and was getting into trouble. I could see—as one of my coworkers pointed out—that I wouldn't have this job for long. The manager didn't seem to like me much.

I became lucid and, trying to leave the situation, I crossed my arms over my chest and fell backwards through the floor. Soon I was rapidly falling through a dark passage and realized I was having an OBE. I realized that this would be a good way to OBE, simulating a falling sensation within the dream environment by putting one's hands across their chest and falling backward.

I landed in a little courtyard where there was a small outdoor café. I was still lucid. A woman was talking to me and I got the impression that she had suggested the falling technique.

May 10, 2003

I had two OBEs last night. Both were spontaneous from the sleep state.

In the first I "came to" in the hallway just outside the bathroom. I'd been talking to someone in the bedroom, though I couldn't see her. The house was dark and I realized I was out of body.

Suddenly, I became aware of my physical body lying simultaneously in the bed upstairs. I felt a perfect sense of duality, upstairs and downstairs.

My consciousness wavered between the two perspectives. Then I was in bed, aware that part of me was downstairs. I had sleep paralysis. It was a little frightening but mostly confusing. *Why can't I move?* I tried with all my will to move but couldn't. Then my perspective switched a couple of times: downstairs, upstairs, downstairs, upstairs. Then I was back in my body again.

Not long after I found myself in the living room, "out" again. I was having trouble controlling my movement, so I got on my "hands" and "knees" and started slowly crawling across the floor. I could see my hands as I crawled, but they seemed strange and disembodied. I thought, "I'd better go upstairs right now while I'm conscious of my OBE. Keep it short and record it." Unfortunately, I got cocky and decided to fly to my parents' house. All I seemed to do there was fly around the living room. I don't remember anything after that.

Glossary

Affirmations—Positive, first-person, present-tense statements used for subconscious goal programming.

Astral body—The subtle body (projected double) that operates in the astral planes.

Astral feedback—An unpleasant phenomenon that occurs when the projected double telepathically connects with its awake physical body's mind during an OBE.

Astral noise—Hallucinatory sounds, such as buzzing or voices, often loud and seemingly very real, heard just prior to the OBE exit.

Astral planes—Astral dimensions that do not resemble the waking, real-time environment (though some levels can be very Earthlike).

Astral sight—The ability to see beyond closed eyelids into the real-time zone or astral planes.

Astral transference—Projecting one's consciousness directly into the astral planes using a deeply relaxed state and symbolic, guided imagery.

AudioStrobe technology—Signals embedded in an audio stream that directs the strobing of light goggles. *See* BrainWave Generator.

Binaural beats—The two slightly different tones played to the right and left ears; used to guide listeners into altered states of consciousness. *See* BrainWave Generator.

Body awareness—Focusing attention on specific parts of one's body and utilizing the sense of touch and awareness of one's physical body to stimulate the energy body. Also called *tactile imaging* or *mobile body awareness.*

BrainWave Generator—Computer program that generates sounds and binaural beats, which induce altered states of consciousness; uses

AudioStrobe technology for use with special light goggles to enhance altered states of consciousness.

Chakra—Classic Eastern term for primary energy centers, the major subtle organs of the energy body.

Cobwebs—Tickling and itching sensations, usually experienced on the face, that occur during trance states.

Conscious-exit OBE—Experiencing an out-of-body projection from the fully conscious and awake state, with no break in consciousness.

Dream mind—That aspect of consciousness in the physical brain/mind that generates dreams.

Empty-body theory—The inaccurate presumption that the physical body is left an "empty shell" during an OBE or astral projection. *See* out-of-body experience.

Energy body loosening—Body awareness techniques intended to begin the process of externalizing one's projectable double.

Energy raising—Body awareness techniques that draw energy into the physical body and then into an energy storage area.

Energy storage centers—Sites along the body where different qualities of energy can be accumulated. They are the subnavel, subheart, and subbrow.

Expanded energy body—That aspect of one's energy body that expands and moves slightly out of phase with its physical counterpart prior to and during projection. Often called the *etheric body.*

False wakening—Dreaming of the act of waking up and carrying out mundane tasks, such as going to the bathroom, while believing one is awake in the normal world.

Full-body circuit—The name of the exercise used for raising and storing energy.

Fundamental energy body—The underlying aspect of the energy body that is firmly enmeshed within the physical body. The fundamental energy body contains the secondary and primary energy centers. This aspect relates to biological, as well as subtle life processes, and cannot be projected.

Higher self—A highly evolved aspect of one's mind, spirit, and soul. Also called the *inner genius* or *holy guardian angel.* This aspect has many similarities to the subconscious mind.

Inner projection—The transfer of awake consciousness into the expanded energy body while the physical body is in trance or falls asleep.

Inner verbal dialogue—Word-based thoughts; does not include wordless mental fantasies or body awareness actions.

Kundalini—Energy that lies dormant at the base center that, when activated, spirals clockwise three and a half coils up through the primary centers. Often referred to as the *serpent of fire.* It is the highest level of bioenergy phenomenon possible; reputed to cause enlightenment and strong psychic abilities.

Light and sound machines—Small, tape player–sized devices that connect to headphones and light goggles, producing visual and audio stimuli calculated to induce altered states of consciousness. *See* BrainWave Generator.

Lucid dream—A situation in which a dreamer becomes conscious that he or she is dreaming and takes some degree of control over the dream environment.

Mind-split effect—The nature of OBE consciousness where two awake copies of consciousness can exist simultaneously, with the original residing in the physical brain/mind/expanded energy body and a copy residing in the projected double.

Near-death experience (NDE)—A situation where a person is clinically dead, experiences a powerful out-of-body experience, and then is subsequently resuscitated with full recall of the experience.

New Energy Ways (NEW)—The process of using body awareness actions to directly stimulate and manipulate the energy body.

OBE walk-through—Physically acting out a planned OBE.

Out-of-body experience (OBE)—A process whereby a perfect thinking copy of consciousness is projected into a subtle energy body double,

which experiences reality separate from and outside the physical body in the real-time zone or astral planes.

Paralysis, waking/sleeping—A disassociation between the physical body and its mind, resulting in a complete paralysis of one's physical body. Often associated with out-of-body experiences.

Presets—Preprogrammed settings directing the BrainWave Generator to produce sound and light at given levels of volume, frequency, and modulation for the purpose of altering one's state of consciousness.

Primary energy centers—Major subtle organs of the energy body, which process subtle energy for all biological and spiritual requirements of human existence. These are the base, genital, navel, solar plexus, heart, throat, brow, and crown centers. Often referred to as *chakras* or *psychic centers.*

Projectable double—The subtle energy vehicle or subtle body, used to transport an independent copy of thinking consciousness during an out-of-body experience.

Quiet mind—A situation in which the mind is held clear of word-based thoughts for a sustained period of time.

Rapid eye movement (REM)—Fluttering, back-and-forth eye movement behind closed eyelids that signals dream mind activity.

Reality checks—Periodic examinations of day-to-day events to determine if one is awake or dreaming. When these become habitual, they occur in the dream state and thus alert dreamers that they are dreaming.

Reality fluctuations—Inaccuracies between the real-time astral zone and the known physical environment.

Real-time double—The subtle body (projected double) that operates in the real-time zone.

Real-time zone—The closest nonphysical dimensional area, which strongly resembles the physical universe; often characterized by reality fluctuations. It is a reflection of reality as reality happens in "real time"; a buffer zone between the physical world and the astral planes.

Safe room—A lighted area or room near one's OBE practice area where one can project after an OBE exit to feel safe.

Shadow memories—Experiences stored up separately by a projected double during an out-of-body projection.

Shadow memory download—The process of transferring shadow memories from a projectable double to the physical brain/mind during reintegration after an OBE.

Shadow memory recall—The process of remembering OBE memories after a shadow memory download.

Silver cord—The subtle energy linkage between one's physical/expanded energy body and its projected double during an OBE.

Splitting awareness—Directing body awareness actions to the right and left sides at the same time (e.g., both hands, both legs, etc.).

Third eye—Another term for the brow center. *See* primary energy centers.

Trance—An altered state of consciousness where the mind is awake and lucid and the physical body is in some level of sleep.

Wake-induced lucid dream (WILD)—A projection into a deliberately induced dream from a fully awake state with no break in consciousness. WILDs are distinguishable by their extremely vivid and lifelike characteristics.

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